



Community Garden at DHMC

Plots Available for Use

*Sign up Now and Grow Organic
This is a great team builder!*

Plots: All plots are 6'x6' and will be rototilled. Depending on the demand, additional plots may be available.

- Gardeners maintain their plots.
- Water will be supplied.
- Gardeners are responsible for cleaning up their garden plot by a date TBD in November.

Garden Fees: For each plot there will be a \$20 deposit, 50% refundable upon cleanup in the fall. Payment will be due to the DHMC CCC at time of sign up.

Forms: available from the Child Care Center, and LWWW

Visit our tables outside the dining rooms.

Sign-up at the Administrative Professionals Day, 4/22, 10-2pm
or all day at the Child Care Center

Complete form and email, fax or interoffice:

DHMC Child Care Center
Phone: 603.650.9700
Fax: 603.643.5439



DHMC Community Garden Guidelines

The DHMC Community Garden, sponsored by the DHMC Child Care Center, is an organic garden located just above the parking lot at the Child Care Center. These guidelines were developed from the guidelines established for the Canillas Community Garden at CCBA – many thanks to them for the resources provided.

Organic gardening involves these main principles:

- Feed the soil by using compost and cover crops to add organic matter and nutrients. Organic fertilizer such as PRO GRO is OK. Chemical fertilizers are not to be used. See the child care center office staff for specific questions.
- Apply natural mulches, such as chemical-free hay, straw, or grass clippings to suppress weeds, reduce water loss, and add organic material to the soil.
- Use natural controls to avoid harming beneficial organisms and pollinators. Do not use synthetic pesticides as they can have unwelcome effects on plants, wildlife, and people.
- Any products used in the garden, including plants, fertilizer, etc, should be organic.

Rationale for guidelines:

- We favor sustainable agricultural techniques.
- Garden beds are a community resource and will be used by different gardeners; remember that products can affect the garden for many years.
- What is done to one plot could affect the others.
- Seeds: organically certified seeds are preferred. Some local suppliers include, High Mowing in VT and Johnny's in Maine. The child care center generally uses seeds from Johnny's and from Longacres Garden Center in Lebanon. If you get a late start, then consider using seedlings.
- Weed control: the beds are small enough to manage without herbicides. Weed control is done with physical means: pulling weeds, cultivating, and mulches. Plots need to be kept neat and contained to your own garden space. Any plots appearing to be abandoned may be reassigned after contact with the gardener is attempted, with the loss of the deposit.
- Insect/Pest/Disease Control: Physical removal of insects is best, and is practical for these small plots. Tomato horn worms, cabbage worms, and potato beetles, for example, and be removed by hand and destroyed. Approved insecticidal soaps and some biological (Bt) controls can be used. Row covers can create a physical barrier against insects such as beetles. Please notify the Child Care Center if you need assistance with a problem.
- Fertilizers: Best are compost, worm castings, composted manure, mulches, etc. One can also use organically certified amendments such as bone meal, blood meal, soybean meal, fish based liquids, etc. A soil that is not worked too much may have an adequate supply of organic material. We will try to maintain an optimal balance of organisms for optimal plant health.

General housekeeping and miscellaneous other points:

- Conserve water by watering in the morning or late afternoon, applying water to the base of plants when possible. There will be water available at the garden via a hose from the child care center. Please bring your own watering can or use one provided by the child care center. There will be no water provided over the weekend when we are closed. Please do not enter the playground at the child care center-per NH state licensing guidelines.
- Label your plants and your plot.
- Do not plant sprawling vines that will block walkways or invade other plots, unless you have supports that can help the vines grow vertically. Keep your plot and adjacent pathways weed and debris free. Weeds from your garden spot and from the path go into the compost pile.
- Our community garden is sited on a former pig farm. You may find bones and/or glass at times. Please pick up unwanted materials and place them in the trash or in a noticeable spot by the gate for removal. The soil has been tested and there is no toxic residue from the former farm.
- Bring your own gardening tools. These plots are small enough that hand tools will be enough.
- Gardeners are responsible for cleaning up their garden plot by a designated date in the fall; half (\$10) of your deposit (\$20) will be returned at that point.
- There will be an effort to allow gardeners to keep their same bed each year, but that is not a sure thing; to that end, the child care center will be responsible for 'wintering' the garden by adding compost and/or planting winter crops. Half of the deposit will go towards those efforts that cost money.
- No trees, large bushes, invasive, or illegal plants are allowed. There will be no smoking, alcohol, or pets allowed, and you are asked to supervise children brought to the garden at all times. We will expect that the Code of Conduct we adhere to as D-H employees will be honored.
- Gardeners are responsible for safe practices while at the garden and understand that they are not covered as employees while gardening and hold the medical center harmless in the event of an injury. There will be information from Live Well/Work Well regarding safe practices.
- The child care center has a parking lot that is usually nearly empty on weekends, but is busy during the week. Please be mindful of the families and the staff of the child care center needing the spaces, especially during the 7-8:30am and 4-5:30pm busiest hours.
- Please share tips, seeds, seedlings, helpful websites, and anything else with other gardeners. Report concerns and compliments to the DHMC Child Care Center at 603-650-9700.

Enjoy your time in the garden!

The Gardening Project Team

DHMC Child Care Center Community Garden

Sign-up sheet 2015

Name _____ Dept. at DHMC _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Garden Fees: For each plot there will be a \$20 deposit, 50% refundable upon cleanup in the fall. The balance will be used for wintering materials and savings toward shared tools and a shed for future gardens. Payment will be due to the DHMC CCC at time of sign up, and education sessions are being coordinated by Live Well Work Well.

Plots: All plots will be 6'x6' and will be rototilled. Depending on the response, gardeners may have the opportunity for expanding their plot.

It is the responsibility of the gardeners to maintain their plots by weeding and watering on a regular basis. If it appears that the plot is unattended, then the gardener will receive an email asking for clarification. If there is no action taken, a second email will be sent alerting the gardener that the plot will be lost if there is no action. If the inaction continues, then the deposit will be forfeited with an email to the gardener regarding that action.

The DHMC CCC will provide support to gardeners in water supply. Water will be available from the CCC during the weekdays. A few watering cans will be available at the CCC next to a watering hose that will be provided. The hose will be at the end of the lower parking lot near David's House, and will be coming out of the fence of the CCC play yard. Please do not enter the play yards. If you have questions, then enter the front door and ask at the office. The CCC hours are 6:30am-8pm so water will only be available at that time.

The DHMC CCC staff and others on the gardening project team will winterize the garden at the end of the growing season. Please see the attached guidelines for detailed information.

Your signature below will confirm that you have read and agree to the terms of this document and the Community Garden guidelines on the attached document.

Signature _____ Date _____