



## 2014 GARDEN GUIDE

I N G L E W O O D C O M M U N I T Y G A R D E N

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## 1. The Garden



Figure 1: The East Gates

To provide an organic garden to cultivate plants, build community and share our resources.

~Garden Path Society Mission Statement

We will be widely recognized as a vibrant, welcoming, all-inclusive society. We will engage the community through gardening to create a sense of harmony, pride and ownership. We will be financially, organizationally and environmentally sustainable.

~Garden Path Society Vision Statement

### The ABCs of the GPS, ICA and ICG

**GPS** = Garden Path Society

**ICA** = Inglewood Community Association

**ICG** = Inglewood Community Garden

The GPS leases land from the ICA.

The GPS administers the land to form the ICG.

The ICG is where you garden.

**ABC** = About Building Community

## 2. The Neighbourhood



Figure 2: The Neighbours

### Street Address

The Inglewood Community Garden is located in historic Inglewood at the centre of the neighbourhood's educational and recreational heart, here is the garden's official street address:

**2297 17th Street S.E.  
Calgary, AB, T2G 1E7**

### The Neighbours

Homeowners to the east and west are the garden's residential neighbours, there are two elementary schools to the north (Colonel Walker Community and Piitoyais Family Schools) and the Slovenian Canadian Club and Inglewood Community Association to the south.

There are two lovely greenswards adjacent to the north and south of the garden and substantial dog walking parks to the north-west.

### **3. Hours of Operation**

All public facilities in the garden are available to gardeners during the Garden's normal hours of operation, which are:

**1 hour before sunrise until 1 hour after sunset**

Three considerations established the Garden's 'normal' hours of operation:

1. Safety
2. Security
3. Common courtesy
4. ...if you count common sense

## 4. Parking at the Garden



Figure 3: Parking

The parallelogram indicates the most convenient location for angle parking

Vehicular parking for the garden is available on 22nd Avenue – the unpaved road leading to the Garden's east gates from the bend where 17<sup>th</sup> Street SE turns into 20<sup>th</sup> Street SE ... or vice versa

Angle parking along the school playground fence is recommended.

Please do not park in front of the vehicle gate on the east side of the garden except to drop off gardening supplies. This gate is generally used for bulk deliveries which are sporadic [and, admittedly, infrequent] in the nature of their arrival.

As a courtesy, please do not park along the residential property on the south side of 22nd Avenue. Notwithstanding the dubious legality of the "No Parking" signs and threats to have vehicles towed at owner's expense – until such time as City of Calgary Bylaw Enforcement clarifies the property rights pertaining to such signage it simply seems easier and "more neighbourly" to park elsewhere. Thanks.

## 5. Garden Gates



Figure 5: Gates

1. There is a person gate and vehicle gate on the east side of the garden and a person gate and vehicle gate on the west side. The person gate on the West Side is at the North West corner.
2. All of the gates have combination locks. All the combinations are the same: **NNNN**
3. Please do not park in front of the vehicle gate on the East Side of the Garden.
4. Use of either of the vehicle gates is usually limited to the delivery of bulk materials, soil, compost, lumber, maintenance equipment and so on. If you are delivering bags of soil, compost or other personal materials please make use of the wheel barrows to move your materials from the parking lot into the garden. Thanks.
5. Please close the gate behind you whenever you use them. You do not need to lock them, simply latch them.
6. If you are the last person to leave the Garden, please make sure to lock the gate.

## 6. Safety Equipment in the Garden

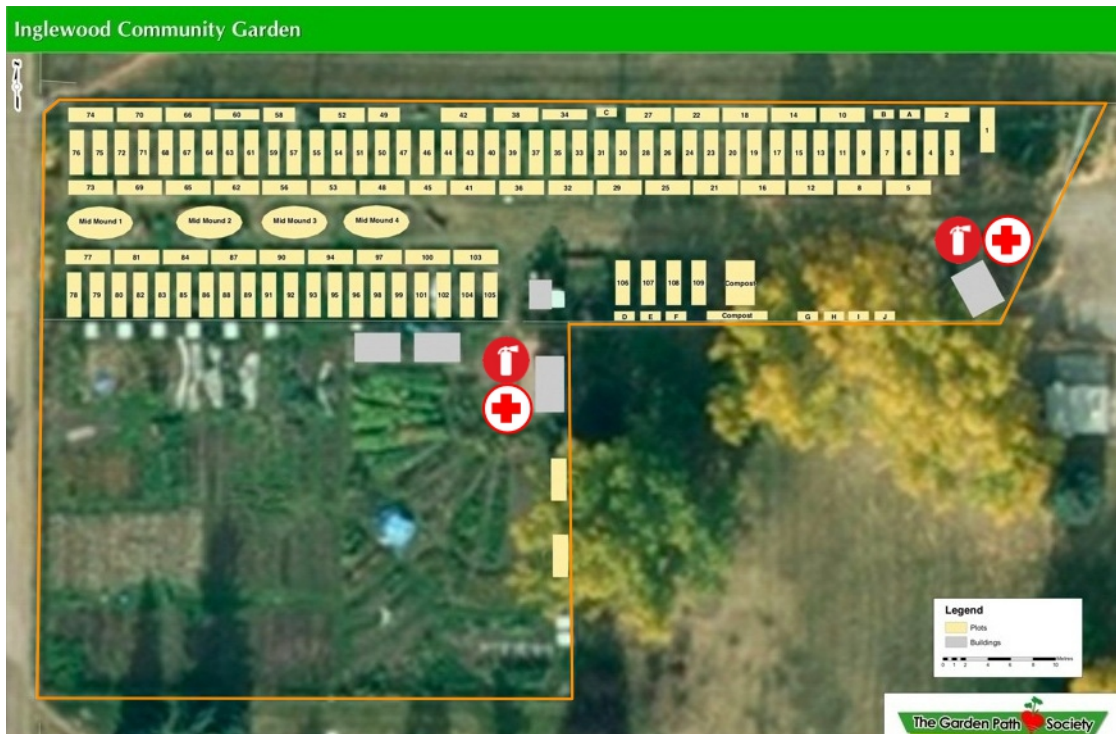


Figure 6: Safety Equipment in the Garden

### First Aid Kits

There are two First Aid Kits stored in the Garden.

Please note: the kits **DO NOT** contain an epinephrine injector!

1. One First Aid Kit is stored in the Plot Rental Garden Shed – on the middle shelf immediately on your right as you enter the shed
2. The second First Aid Kit is stored in the Communal Garden Shed – on the counter on your right as you enter the shed.

### Fire Extinguishers

There are two Fire Extinguishers in the Garden

1. One is stored in the Plot Rental Garden Tool and Storage Shed – mounted on the wall immediately on your right as you enter the shed
2. The second is stored in the Communal Garden Shed – mounted on the wall immediately on your right as you enter the shed

## 7. The Plot Rental Garden

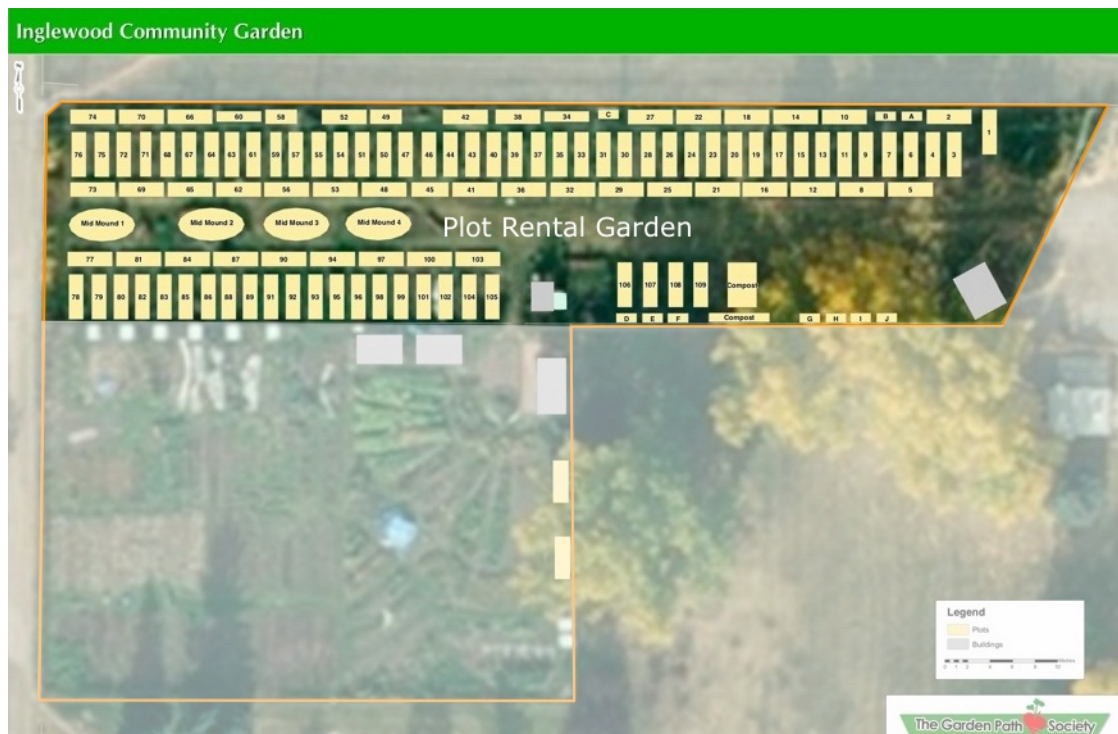


Figure 7: Plot Rental Garden

In terms of history, tradition and operation the plot rental portion of the garden is the most well established section of the Inglewood Community Garden.

The Plot Rental Garden moved to its current location from Victoria Park in 2003 and within the decade of its residence in the neighbourhood the garden has become such a fixture that despite the Garden Path Society's sign at its entrance the garden has become pretty well universally known as the "Inglewood Community Garden."

The Plot Rental Garden occupies about 0.43 acre / 0.174 hectare on the northern side of the Garden, adjacent to the Colonel Walker Community and Piitoayis Family School playgrounds.

### A Brief History

- 2000: the Victoria Park Gardens was founded on a lot in the community of Victoria Park.
- June, 2003: the garden relocated to Inglewood.
- August, 2003: the garden changed its name to The Garden Path Society of Calgary.
- February, 2008: the Board of Directors of The Garden Path Society of Calgary approved the expansion of the Cornucopia program to include an Urban Garden Cooperative to be located on the newly leased land adjacent to the existing garden.
- 2014: The Inglewood Community Garden currently maintains 109 rental plots, 5 'mounds' and a communal garden and an active program of donating produce to local Community Service Organizations

## 8. Communal Garden

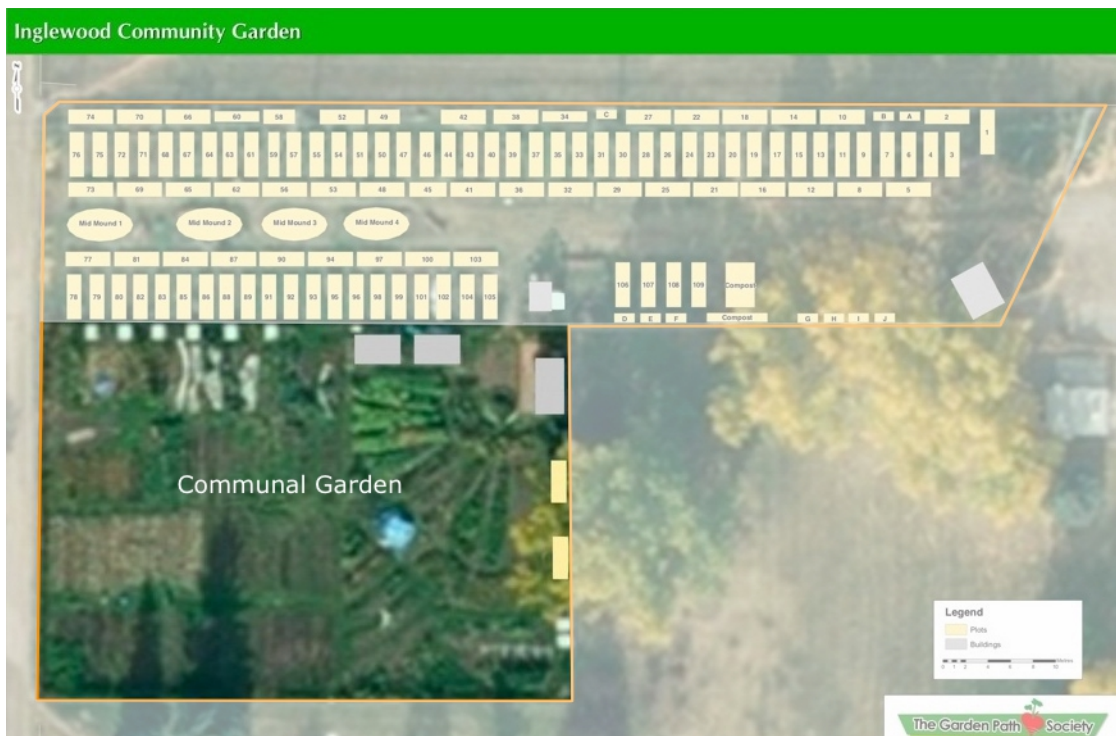


Figure 8: Communal Garden

To provide an organic garden to cultivate plants, build community and share our resources.

~Garden Path Society Mission Statement

In 2014 the Communal Garden portion of the Inglewood Community Garden continues to be a "work in progress."

Communal gardening began at the Inglewood Community Garden in 2007 – 2008 when the small [0.388 acre / 0.157 hectare] parcel of land – previously the site of a navigation beacon – was decommissioned by Transport Canada and leased by the Garden Path Society.

The trick with communal gardening, apparently, is to have a commune that does the gardening. This is where you, the volunteer and you, the rental plot gardener come in.

Building on the work already done by dedicated communal gardeners and volunteers, operations in the communal garden in 2014 are focused on two goals:

1. To efficiently organize available human resources in order to plant, maintain and harvest the produce to fulfil the commitment of our Mission Statement.
2. To improve the infrastructure of the communal garden so that next year there is less development and maintenance and more gardening and the year after that even less development and maintenance and even more gardening and at some near term point that there is almost no development, very little maintenance and almost all gardening.

## 9. Water in the Plot Rental Garden

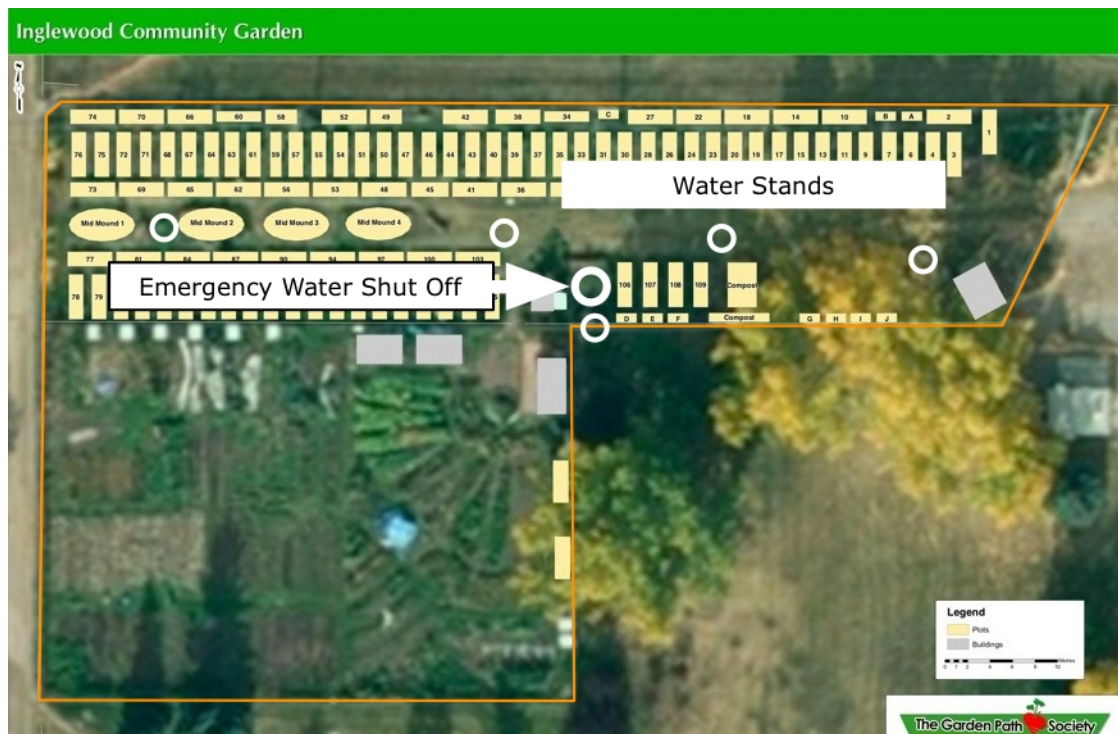


Figure 9: Emergency Water Shut Off and Garden Water Stands

Water in the Garden is supplied by the City of Calgary Water Services, the same system which supplies the city's residential drinking water.

Supply lines to the Garden are larger in diameter than residential services so the water flow is much **HIGHER!** Be careful when turning on the hoses.

As a precaution, only turn the valve on part way... even a fractional opening should provide ample water flow.

Additionally, note the following:

1. **BE CAREFUL!** Water "pressure" (water flow) in the Garden is very high!
2. Always point the hose nozzle away from you and others when turning it on.
3. There are several water stands in the Plot Rental Garden portion of the Garden.
4. The locations are indicated in the diagram above and they should be pretty easy to find in the garden as they consist of an upright timber supporting a hose.
5. The valves for the water stands are at ground level.
6. Once you are finished watering please turn off the water with the tap at the water stand.

**Emergency Water Shut Off** – for the Plot Rental Garden portion of the Garden is located in the ground about 5 metres from the east side of the Maintenance Shed.

**NOTE:** A metal lid set at ground level must be removed to gain access to the Emergency Water Shut Off valve.

## 10. Water in the Communal Garden



Figure 10: Water in the Communal Garden

### City Water for the Garden

- There are 5 water stands in the Communal Garden
- Hand watering in the Communal Garden was the norm in 2013 and frankly this is tiring, time consuming and tedious.
- One of the major objectives for the Communal Garden in 2014 is the completion of the "in ground drip irrigation watering system" for the west side of the garden.
- While, upon completion, this will eliminate the need for such labour or the west side, hand watering is very likely to continue to some degree on the east side of the garden in 2014.

### Stored Water in the Garden

- A collection of eight [approximately 1,359 litre / 359 gallon US] poly storage tanks are staged in the Communal Garden.
- These tanks supply water to end of season vegetation after the city has turned off the main supply lines.

### Well Water in the Garden

- Fun Fact: there are 2 wells in the Communal Garden.
- These are "sample wells" used solely for drawing samples of ground water, they do not provide any usable water.

## 11. Supporting the Garden: Contributing your time

Ok, first of all: If you "have to do it" can it really be called "volunteering"?

Short answer: No.

Long answer: The garden needs regular help, quite a bit of regular help actually.

Why? In order to maintain the garden itself and help fulfil the garden's Mission Statement:

To provide an organic garden to cultivate plants, build community and share our resources.

In 2014 whomever rents a plot from the Inglewood Community Garden commits to providing a total of **7 hours** of "help" / "labour" / "effort" / "support" as a condition of renting their plot.

This commitment is on a **per plot basis** not a per gardener basis.

So if you're gardening with a partner... a friend, friends... or a family: well, you get the picture, individual contributions are all added to the plot's total.

## Projects, tasks and contribution opportunities

Please have a look at the volunteer job opportunities list and Sign Up Sheets to see what we need help with in the garden this year:

Information on ICG website

[2014 Contribution Sign Up Sheets](#)

## How much effort DOES it take?

Glad you asked.

In 2013 the Garden recorded a total of 3,769.5 volunteer hours.

For the mathematically inclined: the Garden had around 150 gardeners and volunteers in 2013, so the recorded effort averages out to about 25 hours per gardener or volunteer.

So, while 7 hours of volunteering may seem like a "full day" at first glance ... remember that that 'day' is spread out over 6 months.

For further information on 'how' we record hours please see the following:

Information on ICG website

[inglewoodcommunitygarden.ca/volunteer](http://inglewoodcommunitygarden.ca/volunteer)

Information in this document

[Appendix 02: Volunteer Log Recording](#)

To find out more about helping in the Inglewood Community Garden or if you have any questions about volunteering, please contact our Volunteer Director, Pauline, at the following:

Pauline Davies, Volunteer Director

[volunteer@inglewoodcommunitygarden.ca](mailto:volunteer@inglewoodcommunitygarden.ca)

## 12. Maintenance of the Garden

- In case you have not yet met the Second Law of Thermodynamics you will surely be able to see it at work in the Garden during 2014: process tends towards disorder and useful energy decreases.
- Nevertheless, Kurt Fisher, our Maintenance Director, annually attempts to prevail against the inexorable diktat of the physical universe, in part, by implementing a program of regular above ground plot box replacements ~ on average around 10% of the above ground plot boxes are replaced annually ~ also by repairing above ground plot boxes as needed and finally by attempting to keep the gardening and hand tools in good working order.
- You can assist Kurt in his struggle against the “second law” by letting him know, sooner than later, if something is in need of repair:

Kurt Fisher, Maintenance

[maintenance@inglewoodcommunitygarden.ca](mailto:maintenance@inglewoodcommunitygarden.ca)

## 13. Buildings and Structures in the Garden

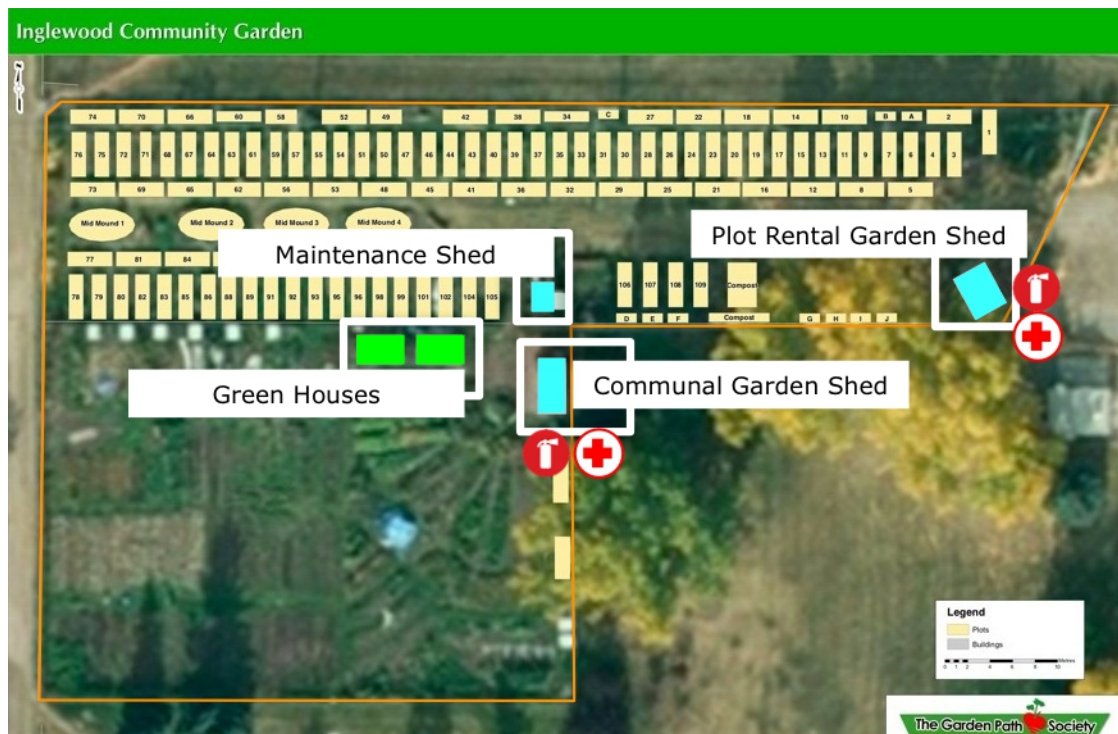


Figure 13: Sheds and Green Houses

There are five buildings in the garden, three sheds and two green houses:

1. the Plot Rental Garden Shed
2. the Communal Garden Shed
3. the Maintenance Shed
4. the two Green Houses

All of the sheds have combination locks, the green houses do not

Combinations for the Plot Rental Garden Shed and the Communal Garden Shed are the same as the combinations for the locks on the gates: **NNNN**

The Maintenance Shed lock has a different combination as a safety precaution because it houses power tools and heavier equipment not required for everyday gardening use.

There are Compost Bins, Compost Mulch and Wood Store structures in the garden:

1. Compost bins – in the Plot Rental Garden's
2. Compost Mulch Store – to the south of the Communal Garden Shed
3. Wood Store – above the Compost Mulch Store

## 14. Plot Rental Garden Shed

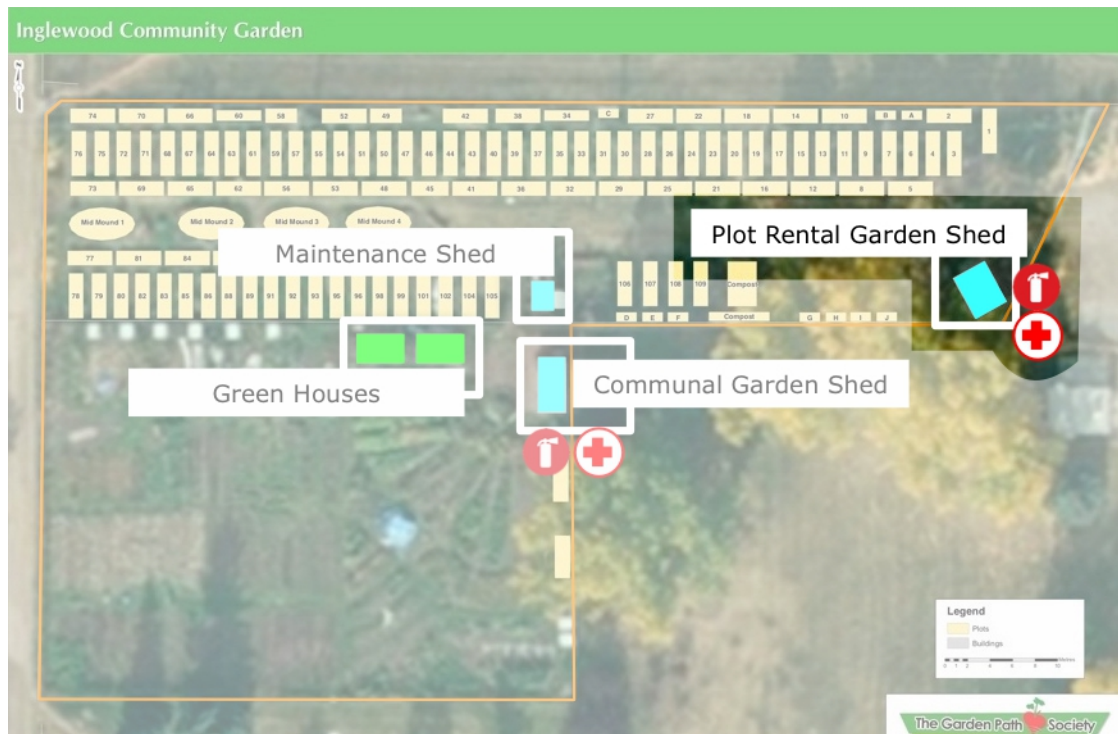


Figure 14. Plot Rental Garden Shed

1. The Plot Rental Garden Shed is the shed immediately to the south upon entering the Garden from the east side gate.
2. The combination for the lock on the shed door is: **NNNN**
3. There is a bulletin board on the west side of the shed
4. A Volunteer Log Book can also be found in a cradle on the west side of the shed
5. The Plot Rental Garden Shed contains, among other things:
  1. First Aid Kit
  2. Hand tools such as trowels, shovels, rakes
  3. A limited number of construction tools: hammer, screw drivers, pliers
  4. Gardening miscellany such as gloves, twine, garbage bags, etc.
6. Returning tools to their proper places and attempting to maintain a modicum of order will go a long way to help keep the shed organized. Thanks.

## 15. Communal Garden Shed



Figure 15. Communal Garden Shed

*There are more things in heaven and earth, Horatio, Than are dreamt of in your philosophy.*  
Hamlet: Act 1, Scene 5

A quick glance into the Communal Garden Shed will show you where many of the things Hamlet was referring to wound up.

The Communal Garden Shed has accumulated a somewhat bewildering welter of "things", a partial list of which includes but is in no way limited to...:

1. First Aid Kit
2. Volunteer Log Book
3. Seeds of all sorts
4. Sacking, cardboard sheets, row cover, sheets (cloth and plastic), stacks of newspaper and magazines
5. Potting trays and cups
6. Hand tools: trowels
7. Weigh Scales used to record harvests (to be donated or for volunteers)
8. Gloves: pairs, mismatched and unaccompanied
9. Folding tables
12. Well... you get the idea

Tools such as shovels, hoes, rakes and spade forks can be found in the wooden locker on the north east corner of the Communal Garden Shed, whose combination lock opens to: **NNNN.**

## 16. Greenhouses



Figure 16. Greenhouses

- There are two green houses near the centre of the Garden
- Typically the green houses have been used to acclimatize seedlings in Spring and then to grow tomatoes.
- **Beginning in Spring 2014**, Mr. Bill Rayment, an authority on green house management, will not only be leading the Garden's Green House program but will also be conducting practical training sessions (as soon as is feasible).
- If you are at all interested in attending Bill's tutorials and / or helping out in the green houses, please contact Pauline, our Volunteer Director:

Pauline Davies, Volunteer Director

[volunteer@inglewoodcommunitygarden.ca](mailto:volunteer@inglewoodcommunitygarden.ca)

## 17. Maintenance Shed

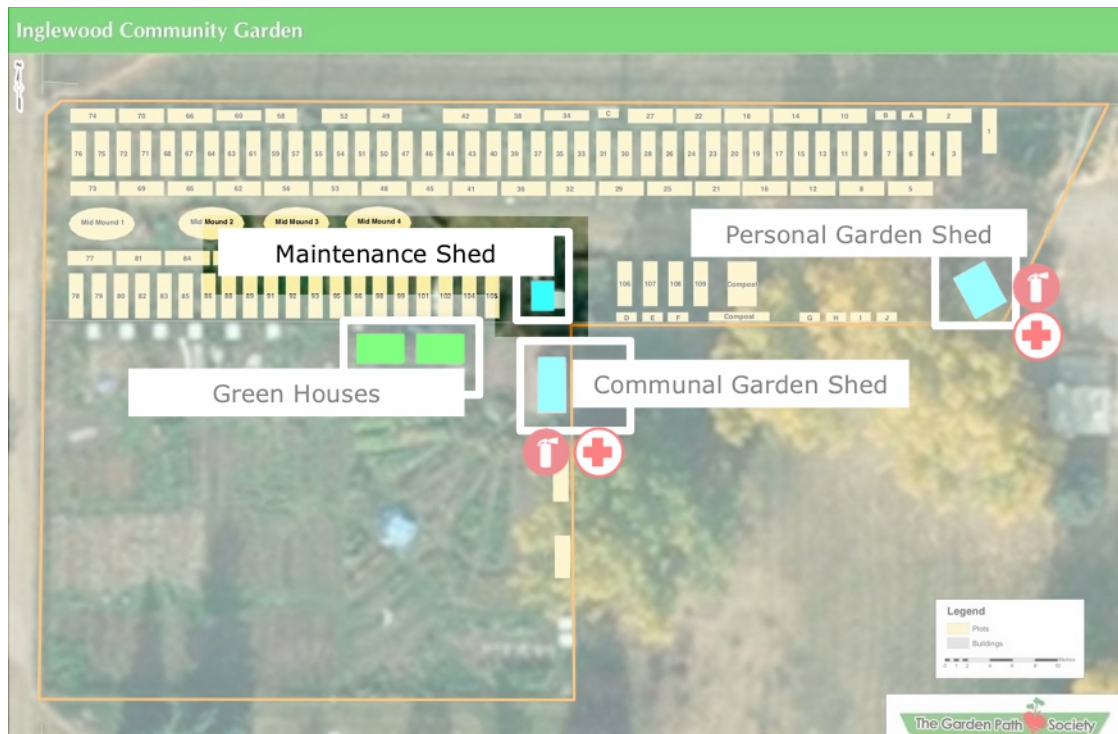


Figure 18. Maintenance Shed

The Maintenance Shed is the pretty much the only "limited access" area in the Garden.

As noted above:

"The Maintenance Shed lock has a different combination as a safety precaution because it houses power tools and heavier equipment not required for casual gardening use."

However, while access to the Maintenance Shed is limited it is not exclusive. If you find yourself working on any of the numerous teams / crews whose projects require power tools or heavy hand tools you'll be given access or told the "secret numbers".

In fact, if you have need of any of the tools or equipment stored in the Maintenance Shed you are welcome to its use. All you need do is contact Kurt, our Maintenance Director, to arrange access. Kurt can be reached at the following email address:

Kurt Fisher, Maintenance

[maintenance@inglewoodcommunitygarden.ca](mailto:maintenance@inglewoodcommunitygarden.ca)

## 18. Composting

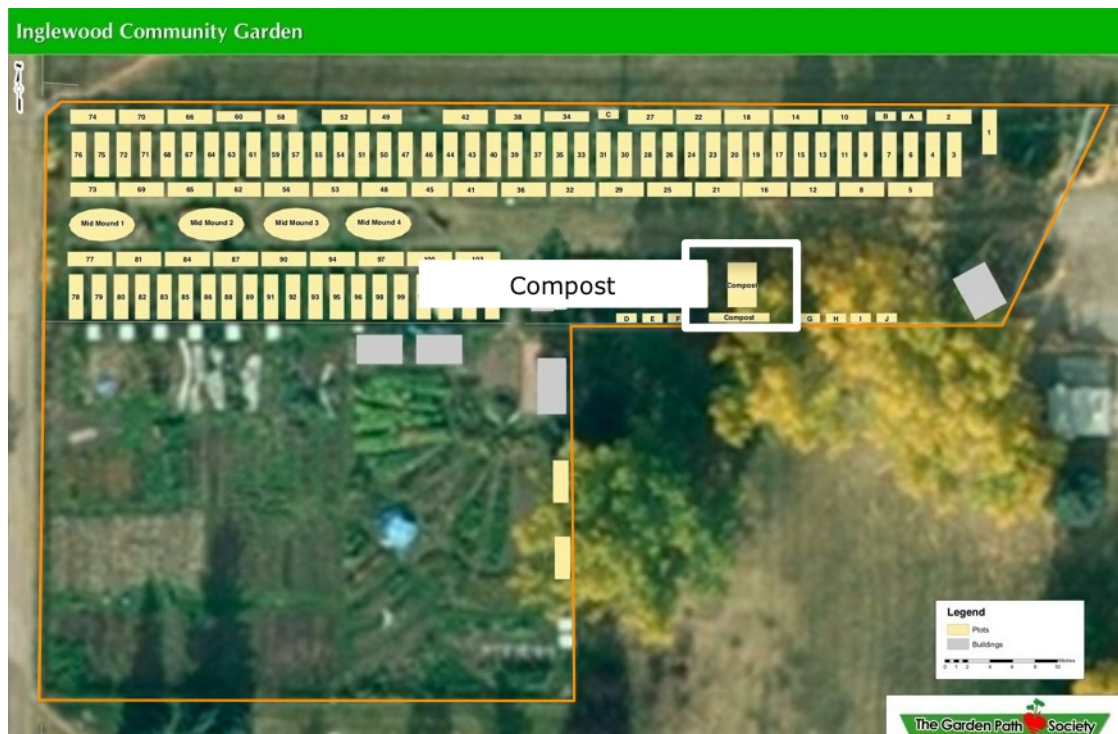


Figure 17: Compost Bins and Compost Drop Off

The Inglewood Community Garden operates an in-garden compost program, which one professional in the field of soil augmentation called the "best example of community garden composting in Calgary."

The Compost Program is happy to accept contributions from residential kitchens as long as:

1. the guidelines in [Appendix 01: Composting Practice in the Garden](#) are followed and
2. none of the items are on the [NEVER COMPOST THIS list](#)

Compostables can be left at the Compost Collection Drop Off which is a set of bins on the south side of the Compost Bins.

Some examples from the [NEVER COMPOST THIS list](#)...

Bread products	Milk products
Cooking oil	Rice
Diseased plants	Sawdust
Heavily coated or printed paper	Stubborn garden plants
Human or animal faeces	Used personal products
Inorganic Material of any kind	Walnuts
Meat products	Weeds

Information in this document

Information in this document

[Appendix 01: Composting Practice in the Garden](#)

[Appendix 01: The Never Compost This List](#)

## 19. Plot Rentals

The Plot Rental Garden portion of the Garden [see [Section 7. The Plot Rental Garden](#)] is made up of above ground wooden plot boxes.

A standard above ground plot box is 4 feet wide and 12 feet long and about 14 1/2 inches tall.

There are 102 standard above ground plot boxes in the garden.

There are also 4 Easier Access above ground plot boxes which are 3 or 4 feet wide, 12 feet long and about 21 3/4 inches tall.

Additionally there are 3 smaller above ground plot boxes which are 3 feet wide, 12 feet long and about 14 1/2 inches tall.

Finally there are 4, 10 foot by 20 foot "mounds" in a row on the western side of the Plot Rental Garden area.

In 2014 none of the metal above ground plot boxes will be available for rent. Instead they will be used to grow herbs and catnip. If you are at all interested in helping to tend these metal lined boxes please email Pauline, our Volunteer Director:

Pauline Davies, Volunteer Director

[volunteer@inglewoodcommunitygarden.ca](mailto:volunteer@inglewoodcommunitygarden.ca)

There are also numerous Rhubarb boxes set throughout the garden, for additional information regarding them contact Kurt

Kurt Fisher, Maintenance

[maintenance@inglewoodcommunitygarden.ca](mailto:maintenance@inglewoodcommunitygarden.ca)

## 2014 Plot Rental Rates in the Plot Rental Garden

Number of Plots	Description of Plot	Cost per Plot
102	Standard 4' x 12' Above Ground Plot	\$45 per season
3	Short 3' x 12' Above Ground Plot	\$35 per season
5	Easier Access Above Ground Plot	\$45 per season
4	Mound 10' x 20	\$180 for the season

Inquiries regarding plot rentals, availability and related questions should be directed to Mary, our Plot Administrator at:

Mary Gerritsen, Plot Administrator

[plots@inglewoodcommunitygarden.ca](mailto:plots@inglewoodcommunitygarden.ca)

## 20. Beside the Garden

### **South Side:** ICA playground

The Inglewood Community Association (ICA) is a social, sporting and cultural mainstay of the community.

If you are a resident of the community and you are interested in obtaining a membership to this most worthwhile of associations check out the following link or contact the ICA office at the northwest corner of their building.



[www.icacalgary.com/](http://www.icacalgary.com/)

### **West Side:** Residential Alley

Parking restrictions in the alley, according to City of Calgary by-laws, can be found in Section 27 of the following document:



[www.calgary.ca/CA/city-clerks/Documents/Legislative-services/Bylaws/26m96-Traffic.pdf](http://www.calgary.ca/CA/city-clerks/Documents/Legislative-services/Bylaws/26m96-Traffic.pdf)

### **North West:** Dog Walking Parks

There are modestly extensive Dog Walking Parks to the northwest of the Garden.

For terms of use please consult:



<http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Dogs.aspx>

Also, please be advised that the dog walking parks are quite well attended and that your dog is very likely to encounter other dogs.

### **North Side:** School playgrounds

Piitoayis Family and Colonel Walker Community School playgrounds are open to the public with the usual conditions that NO dogs are permitted on the grounds ~ leased or otherwise.

For hours of access please consult the Calgary Board of Education website.

### **East Side:** 22 Avenue SE & parking

The ICG "parking lot" ~ angle parking near the south side of the school playground fence: but not on the grass, please.

## 21. Mulch Store / Bulk Drop Off

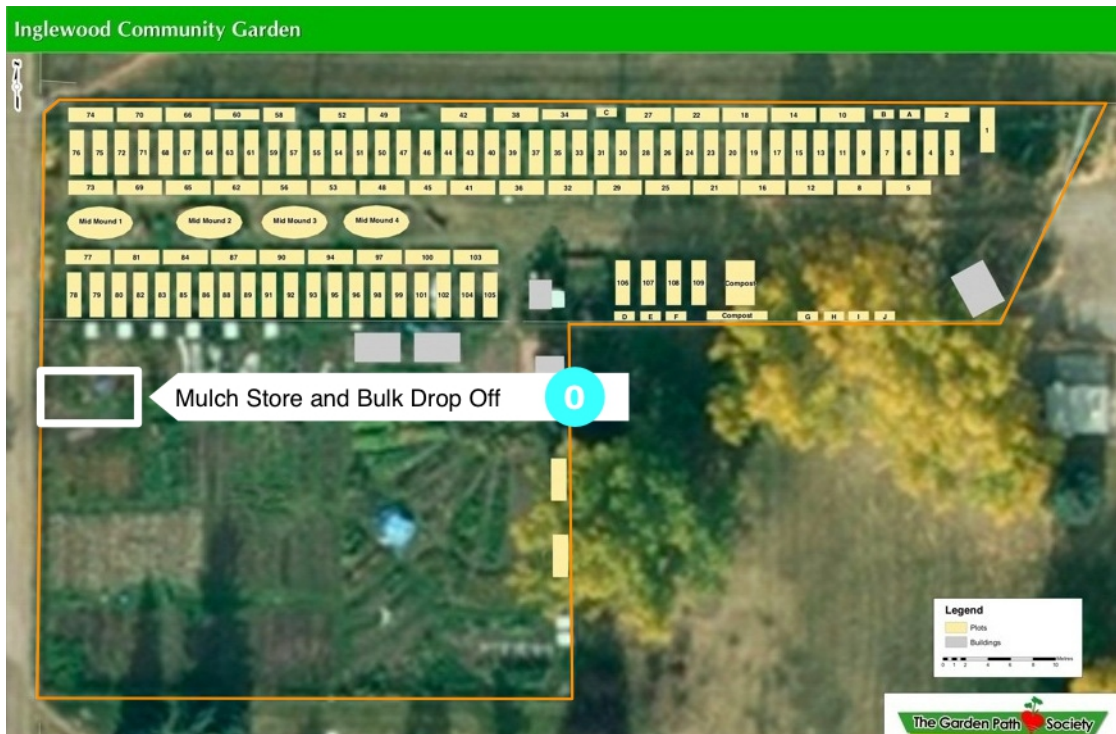


Figure 19: Mulch Store and Bulk Drop Off

The Mulch Store / Drop off zone is located in the communal garden where the vehicle gateway opens onto the garden.

The size of the piles stored here waxes and wanes and depending upon the constituent composition of the mulch can be surprisingly and pleasantly odiferous in hot weather.

The mulch stored here has already been allocated to some project or other in the garden and, as such, is not available upon demand to the gardening public.

## 22. Garbage and Litter Removal

There is **NO** garbage collection provided by the Garden!

There is **NO** garbage collection provided by the Garden!

There is **NO** garbage collection provided by the Garden!

There is **NO** garbage collection provided by the Garden!

There is **NO** garbage collection provided by the Garden!

Similarly...

There is **NO** garbage removal provided by the Garden!

There is **NO** garbage removal provided by the Garden!

There is **NO** garbage removal provided by the Garden!

There is **NO** garbage removal provided by the Garden!

There is **NO** garbage removal provided by the Garden! <sup>1</sup>

Individual gardeners are responsible for removing from the Garden any and all materials that cannot be composted [see [Appendix 01a: The Never Compost This list](#)].

Weeds are considered to be garbage and should be removed from the Garden by individual gardeners.

It is also much appreciated that gardener's pick up and remove litter from around their own rental plot.

<sup>1</sup> "The four laws of learning are explanation, demonstration, imitation, and repetition. The goal is to create a correct habit that can be produced instinctively under great pressure. To make sure this goal was achieved, I created eight laws of learning: namely, explanation, demonstration, imitation, repetition, repetition, repetition, repetition and repetition."

~Attributed to John Wooden

## 23. Picnic / Social Gatherings

There are several picnic tables and log benches near the Plot Rental Garden Shed.

Conveniently located and benefitting from the shade of the stately Poplar trees nearby, this area is a most agreeable spot to take a break from gardening and relax.

Gardeners are welcome to re-arrange the tables to suit themselves and / or their parties.

On the other hand, the log benches want to remain where they are.

### Smoking

Smoking in the Garden is **not** permitted.

Gardeners who smoke in areas adjacent to the garden are obliged to remove their cigarette butts.

Smoking adjacent to the garden poses a fire hazard due to the normally dry condition of the grasses there during summer ~ please exercise due caution.

### Open Fire

Under **NO** circumstances are gardeners permitted open flames or fires in the Garden.

The single exception is the use of the propane gas torch used for weed control.

### BBQ Grill

The Garden has a BBQ grill which uses propane gas.

In order to make use of the BBQ grill you must first follow the steps outlined below.

Please believe me when I tell you that this is definitely NOT a situation where asking for forgiveness will be easier than asking for permission!

1. Contact, Julia Hinman, Chair ICG [chair@inglewoodcommunitygarden.ca](mailto:chair@inglewoodcommunitygarden.ca)
2. Acknowledge that use of this equipment is at your risk and your personal responsibility
3. Demonstrate a working knowledge of propane gas BBQ grills, including proper propane cylinder attachment and removal technique
4. Provide your own propane cylinder
5. Remove your propane cylinder from the Garden after using the BBQ grill
6. Cleaning the BBQ grill itself after use is much appreciated

## 24. Pets in the Garden

Are pets allowed in the Garden?

**Y e s** ... but you are required to comply with the following list regarding care and control of animals in the garden.

### **Pet Safe Requirements**

1. All dogs must be on a leash at all times.
2. All cats must be on a lead at all times.
3. All legged reptiles must be on a lead at all times.
4. All legless reptiles must be contained within an appropriate carrying case or cage at all times unless being handled by their companion.
5. All raptors or other birds of prey must be hooded and tethered by jess at all times. Mews jesses are not permitted.
6. All ferrets must be on a lead at all times.
7. In short, any animal that cannot be kept securely in a pocket must be physically attached to its companion.

### **Additional Considerations for Pets in the Garden**

First of all, the Garden is not a Petting Zoo, it is a garden. Please consider that other gardeners may not find your pets as charming or personable as you know them to be.

In deciding whether or not to bring your pet to the Garden please consider that the safety and tranquility of your fellow gardeners as being paramount in your determination.

Any pet which disturbs the equilibrium of the Garden will be asked to leave.

In light of the previous statements: animal excretory habits should be carefully considered when thinking about bringing your pet to the Garden.

City of Calgary Bylaws prohibit dogs from school playgrounds.

There are extensive 'dog walking' green spaces to the north west of the garden.

Please refer to the cities guidelines and other information regarding responsible pet control:



<http://www.calgary.ca/CSPS/ABS/Pages/Bylaws-by-topic/Dogs.aspx>

## 25. Port-a-Potty



Figure 25: Porta-Potty

- The Port-a-Potty is located at the South East Corner of the Garden.
- The Port-a-Potty is secured with a combination lock.
- The combination is the same as for most other locks in the Garden: **NNNN**
- Please help to keep the Port-a-Potty as clean and tidy as possible.

## 26. Where to find more information

Inglewood Community Garden site

[inglewoodcommunitygarden.ca](http://inglewoodcommunitygarden.ca)

Events Calendar

[inglewoodcommunitygarden.ca/events](http://inglewoodcommunitygarden.ca/events)

In the Garden on the Bulletin Board on the west side of the Plot Rental Garden Shed.

### On Site Personal Inquiries: Garden Genies

Jo Mulligan

Carol Flynn

### General Inquiries

Eugene Esterhazy, Question Authority

[info@inglewoodcommunitygarden.ca](mailto:info@inglewoodcommunitygarden.ca)

### Volunteer Inquiries

Pauline Davies, Volunteer Director

[volunteer@inglewoodcommunitygarden.ca](mailto:volunteer@inglewoodcommunitygarden.ca)

### Plot Rental Inquiries

Mary Garritsen, Plot Administrator

[plots@inglewoodcommunitygarden.ca](mailto:plots@inglewoodcommunitygarden.ca)

### Procedural Inquiries

Julia Hinman, Chair

[chair@inglewoodcommunitygarden.ca](mailto:chair@inglewoodcommunitygarden.ca)

## 27. How to improve this guide

Improving this guide **should be** quite easy!

All **you** have to do is correct, clarify or simplify any one (or all!?) of the statements, sections or pages in it and send along your edits.

Similarly, ideas for alterations to the figures and illustrations, as well as, suggestions for additional figures or illustrations are welcome.

Input via email

[communications@inglewoodcommunitygarden.ca](mailto:communications@inglewoodcommunitygarden.ca)

Input via web form

[inglewoodcommunitygarden.ca/media](http://inglewoodcommunitygarden.ca/media)

Submissions will be reviewed by the Communications Director, who will determine whether to amend the guide to include the suggested edit or, in the event that further clarification is required, present it to the GPS Board of Directors.

## **28. Useful Contact Information**

### **Nearest Emergency Treatment Centre**

Sheldon M. Chumir Health Centre  
1213 4 St SW  
Calgary, AB T2R 0X7  
4.6 Km approximately 8 minutes by car

### **Nearest Pharmacy**

Marshall Drug Stores  
1231 9 Ave SE  
Calgary, AB T2G 0S9  
1.6 Km approximately 3 minutes by car

### **PLEASE NOTE:**

Printed maps, including written directions for travel by automobile between the Inglewood Community Garden and these two locations are located beside each of the First Aid Kits.

## 29. Appendix 01: Composting Practice in the Garden

1. Check your scraps for anything on the "**What Not to Compost**" list below.
2. Make sure your kitchen scraps are cut into small pieces and there is enough room for your scraps in the bin.
3. Pour in your kitchen scraps.
4. Take a couple of scoops of soil from the the soil pile and sprinkle it on top of your scraps. This will help keep the smell down and the critters away.
5. Put the lid back on the bin and secure it so that it won't blow away.



### Good to go

- ✓ Vegetable peels
- ✓ Vegetable stalks and leaves
- ✓ Fruit rinds
- ✓ Stale Bread
- ✓ Coffee Grounds including **paper** filter
- ✓ Tea, including **paper** tea bags
- ✓ Leaves, grass clippings and other plants
- ✓ Egg Shells (Please rinse, dry and crush first!)
- ✓ Well chopped up fruit, apple cores and potatoes



### What Not to Compost

- ✗ Diseased or pest-infested plants
- ✗ Anything that contains dairy products
- ✗ Anything coated with butter, salad dressing, mayonnaise, or fatty sauce
- ✗ Meat, bones, ashes, wire, plastic or glass
- ✗ The stickers on vegetables and fruit
- ✗ Wood and branches (unless mulched to a very small size)
- ✗ Large chunks of vegetables or fruit, apple cores, corn cobs, whole potatoes
- ✗ Large pits from peaches, avocado, etc.
- ✗ Poop from dogs, cats, and anything that eats meat

### 30. Appendix 01a: The **Never Compost This** List

**Bread products:** This includes cakes, pasta and most baked goods. Put any of these items in your compost pile, and you've rolled out the welcome mat for unwanted pests.

**Cooking oil:** Smells like food to animal and insect visitors. It can also upset the compost's moisture balance.

**Diseased plants:** Trash them, instead. You don't want to transfer fungal or bacterial problems to whatever ends up growing in your finished compost.

**Heavily coated or printed paper:** This is a long list, including magazines, catalogs, printed cards and most printed or metallic wrapping paper. Foils don't break down, and you don't need a bunch of exotic printing chemicals in your compost.

**Human or animal faeces:** Too much of a health risk. This includes kitty litter. Waste and bedding from non-carnivorous pets should be fine.

**Meat products:** This includes bones, blood, fish and animal fats. Another pest magnet.

**Milk products:** Refrain from composting milk, cheese, yogurt and cream. While they'll certainly degrade, they are attractive to pests.

**Rice:** Cooked rice is unusually fertile breeding ground for the kinds of bacteria that you don't want in your pile. Raw rice attracts varmints.

**Sawdust:** So tempting. But unless you know the wood it came from was untreated, stay away.

**Stubborn garden plants:** Dandelions, ivy and kudzu are examples of plants or weeds which will probably regard your compost heap as a great place to grow, rather than decompose.

**Used personal products:** Tampons, diapers and items soiled in human blood or fluids are a health risk.

**Walnuts:** These contain juglone, a natural aromatic compound toxic to some plants.

<http://www.wvu.edu/~Agexten/hortcult/fruits/blkwalnt.htm>

## 31. Appendix 02: Volunteer Log Recording

INGLEWOOD COMMUNITY GARDEN

2014 Contribution Hours and Harvest

Gardener's Name

Plot Number(s)

Date	C / P Garden	Activity / Veggie	Time / Weight	Running Time	Totals Weight
April 7	CP	Drafting Volunteer Hours Recording	1	1	
April 8	C	Site Survey, photos	1	2	
April 8	P	Revise AGM posters	1	3	
4 - 8	C	Edit 2014 Planting Plan	1	4	
April 10	CP	AGM	2	6	
7 / 10	C	Potatoes	1		
"	"	Kale	1		
"	"	Swiss Chard	1		3
7 - 11	C	Digging	2	8	
7 / 14	P	Picking up litter along fence	.5	8.5	
July 16	C	Potatoes	1		
"	"	Kale	1		
"	"	Swiss Chard	1		6
August 23	P	Plot repairs, moving material	2	10.5	
"	C	Shift Water containers	3	13.5	
August 27	C	Apples	4		10
October 1	CP	So busy today that I had to use many lines in order			
"	"	to put down this very long description, although			
"	"	all my work actually only took 15 minutes	1/4	13.75	
October 2	C	Peaches	3		13

Questions: [www.inglewoodcommunitygarden.ca/volunteer](http://www.inglewoodcommunitygarden.ca/volunteer) or email [volunteer@inglewoodcommunitygarden.ca](mailto:volunteer@inglewoodcommunitygarden.ca)

This form is so simple that it may seem confusing... if not at first then the longer you look at it... and I'm not sure those ZigZag lines help much, although they are supposed to illustrate how to keep "running totals" for "Time" and "Weight".

## **32. Acknowledgements**

The Victoria Park Gardener's who started the Victoria Park Garden and then moved it to Inglewood in 2003.

The Garden Path Society of Calgary for maintaing, extending, developing and managing the Garden up to the present.

The hundreds of volunteers who have literally made the Inglewood Community Garden what it is today.