



THE NORTH GROVE
We Stand Together

COMMUNITY GARDEN PLOT WELCOME



Your name

Your plot
number is



WELCOME

Our community garden plots aim to give those who don't have growing space at home a chance to do some gardening and learn about growing food. Beginners are extremely welcome.

As a garden “plotter” or family of plotters, you will be assigned a garden plot to share with another plotter or family. We have 12 standing garden plots for those with mobility issues, 6 mid-level garden plots, and 24 ground plots. We encourage you to get to know your fellow plotters, help each other out, ask questions, and have fun!

All first-time garden plotters must attend a 1-hour orientation offered in April

COMMUNITY FARM

The Community Farm consists of 32 farm rows, berry bushes, fruit trees, and a herb garden. All of these areas are tended by volunteers, and the harvest is used in our community meals and given away to community members. We also have a mini-barn for storage and a greenhouse, used to grow seedlings and tomatoes. There are 40 square “Pick-Me” plots located around the edges of the farm, forming an “edible border”. These are for the public and community members to help themselves. The farm, farm programs & community garden are managed by our Community Farm Coordinator Katherine.



RESPONSIBILITIES FOR PLOTTERS

TREAT OTHERS WITH RESPECT



The most important thing we ask of our garden plotters is to treat others with kindness and respect. Discrimination and harassment will not be tolerated, and could lead to being asked to leave the community garden. Please see our Anti-harassment & anti-discrimination policy in full below.

USE YOUR PLOT



Please plant in your plot! If you are not using your plot, please let us know so that a community member on our waitlist can use it instead.

KEEP THE GARDEN CLEAN



We ask all our community garden plotters to help us keep our farm looking beautiful by putting away tools and equipment in their appropriate spot, and picking up garbage they may see lying around. Garbage grabbers and trash bags are located in the shed.

NON-INVASIVE PLANTS



Certain plants have a habit of spreading extremely rapidly, and overtaking other plants, even jumping from plot to plot. Please do not plant Scotch Broom, Japanese Knotweed, Goutweed, Coltsfoot or Common Burdock.

ORGANIC GARDENING



The North Grove uses organic principals in our growing. In particular, we ask that our plotters **do not use chemical pesticides** in their plots. We want to encourage helpful critters and garden bugs such as ladybugs, bees, and pollinators, which are killed by chemical pesticides.

ANTI-HARASSMENT POLICY

All participants are all responsible for helping to maintain a safe, respectful, and harassment-free environment. This includes harassment based on race, class, national or ethnic origin, religion, age, gender, sexual orientation, income levels, education level, disability, family status, or area of residence. Participants who harass staff members, volunteers, or community members may be asked to leave the program.

Harassment is:

- Offending or humiliating someone physically or verbally
- Threatening or intimidating someone
- Making unwelcome jokes or comments about someone's race, class, national or ethnic origin, religion, age, gender, sexual orientation, income level, education level, disability, family status, or area of residence.



SAFETY ON THE FARM

First Aid

- There is a basic First Aid kit in the shed. Please let a volunteer Farm Steward or staff member know if you need to access it. Please call 911 for any emergency.

Sun safety

- Heat stroke is a concern during the hot days of the summer months. Please ensure you are taking proper precautions, including staying hydrated, and wearing sunscreen and a hat.
- Sunscreen is available for use and is located in the shed and hats are available by request

COVID-19 safety

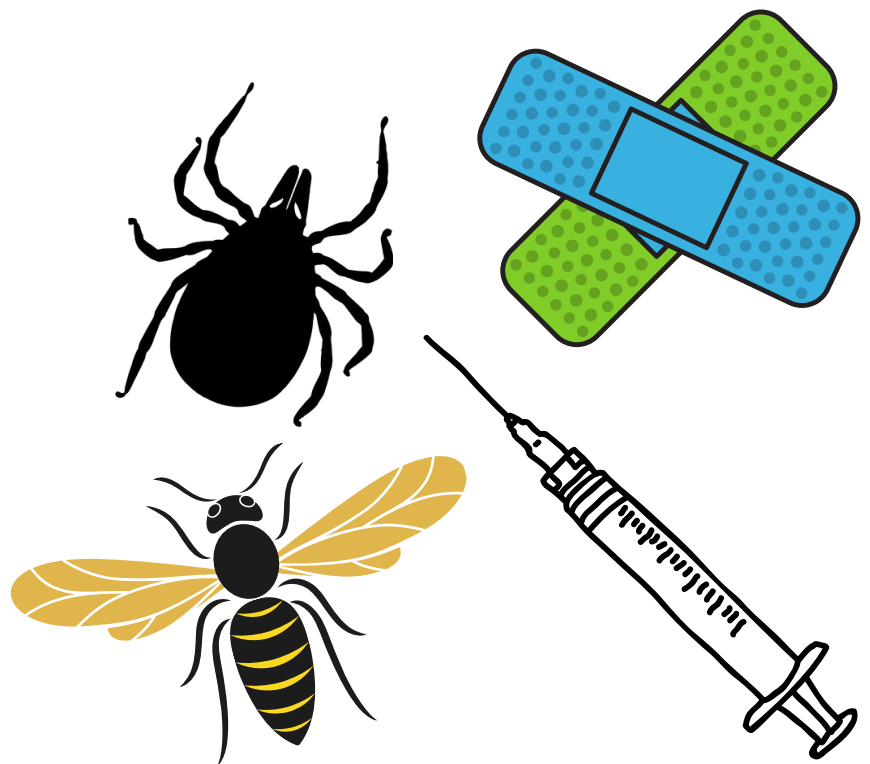
- Please maintain safe practices to prevent the spread of COVID-19. Stay 6 feet apart from others while working on your plot.
- Mask wearing: If others are not close by, you do not have to wear a face mask while you are working on your plot, but please make sure you have a mask with you at all times. Put on your face mask if there are others working on the same plot as you or in the plots directly beside yours. Also please wear a mask while in the shed.
- There are disposable face masks and hand sanitizer available in shed if needed

SAFETY (CONTINUED)

Tick checks: In the summer time in Nova Scotia, tick bites are extremely common. Ticks can carry Lyme and other diseases, which can be very serious. Please check yourself for ticks after working on the farm or on your plot. See the resource at the end of this guide for identifying and removing ticks. There are tick tweezers in the First Aid kit.

Wasp stings & other insects: There are often wasps and other insects in and around the farm. If you get stung, there is After Bite cream in the First Aid kit which can help with the pain and itching. If you are allergic, please make sure you have the proper medication or epi pen with you. Please call 911 if there is an emergency.

Sharps found on the farm: Because the Community Farm is in an area with lots of foot traffic, we occasionally find used needles on the farm. If you see a needle, do not touch it. Note the location and immediately call Mainline Needle Exchange at (902) 830-3853. They will safely dispose of the needle(s). Please let a North Grove staff member know as well.

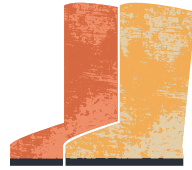


OTHER FARM PROGRAMS

As a garden plotter, you are welcome to take part in our other community farm programs. Please talk to a staff member if you are interested in getting involved.

Volunteer on the farm:

For those who would like to make a weekly commitment to helping out on the farm, consider becoming a farm volunteer. Application and child abuse registry check required.



Farm Stewards:

Our core group of super committed volunteers who maintain the farm, and help host other volunteers. Farm Stewards commit to volunteering once per week for the entire farm season, and participate in a training program. The Farm Stewards have already been selected for 2021. Let us know if you are interested for the 2022 season!



PLOTTERS SHED

- **What's in the shed?** In the shed you will find tools, wheelbarrows, watering cans, a notice board with information about upcoming events and safety reminders, place to hang your coat, lost & found, trash can/trash grabbers.
- **Shed hours:** 9am-4pm Monday to Friday. The shed will be unlocked/locked by the volunteer Farm Stewards or the Community Farm Coordinator in the morning and night. Please note that this is not a secure place to leave valuables.

TOOLS

Put back your tools: Please ensure you put back the tools that you borrow from the shed when you are done using them. Do not take tools home. This is vital so that everyone has access to the shared tools.

Broken or lost tools: Please let either the Farm Coordinator or one of the Farm Stewards know if a tool has been lost or is broken. They can help you find the tool or repair it.



WATERING



Water access: We have several large rain barrels that will be kept filled with clean water for the plotters use. Plotters can fill watering cans from the rain barrels to water their plots.

Watering cans: Watering cans will either be in the shed or inside the rain barrels. We will leave several available for plotters who are tending their plots outside of shed hours.

Watering recommendations: Your plot should be watered deeply at least once a week. This is a key responsibility as a plotter! If you feel your soil an inch below the surface and it is dry, you will need to water it.

COMPOST PILES



Weeds and plant material that you remove from your plot can be put in one of our compost bins. There are two locations for compost bins:

1. One single wooden bin located between the greenhouse and standing garden plots
2. A three bin system located behind the barn. Please put your compost items in the bin #1, on the far left. The compost will be turned into the other bins as it decomposes.

LOST & FOUND

There is a Lost & Found bin inside the shed. If unclaimed, the items will be donated at the end of the farm season or when the bin is full.

WASHROOMS

Unfortunately, community plotters **will not have access** to any of the indoor space at The North Grove and will not be able to use the washrooms at this time due to COVID-19 protocols. We apologize for the inconvenience.



PLANNING YOUR PLOT

Four easy steps to plan your plot

1. **Decide what you want to grow**
2. **Plan:** Consult our spacing guide and plan out your space
3. **Timing:** Look at our timing guide, and decide when to start
4. **Keep planting :** Don't forget, when one plant finishes growing, you can plant again and be harvesting all the way until October!



STEP 1: WHAT SHOULD I GROW?

What do you like to eat? What are you excited about growing? If you are a beginner, you might want to think about vegetables that are easy to grow.

TOP TEN EASY VEGETABLE TO GROW FOR BEGINNERS

Radishes 

Lettuce  

Carrots 

Kale  

Beans 

Swiss Chard  

Beets 


Tomatoes 

Zucchini 

Peas 

SHOULD I DIRECT SEED OR PLANT AS SEEDLINGS?

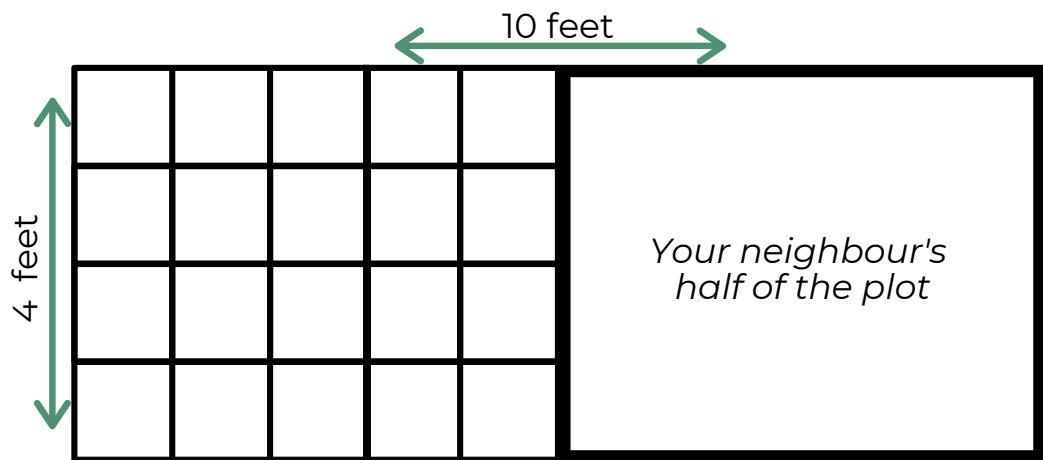
 = plant as seed

 = plant as seedling

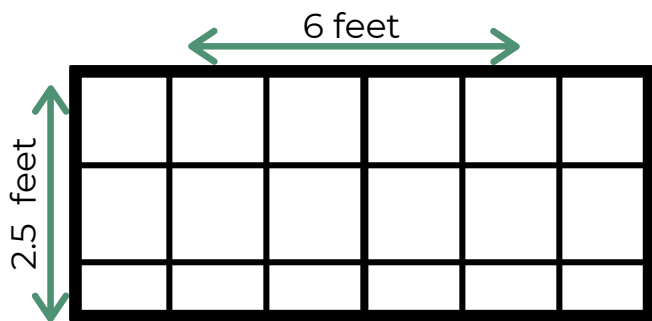
PLANNING YOUR PLOT

STEP 2: PLAN YOUR SPACING

An easy way to plan out what you are going to grow is to think about your plot as made up of a number of square feet (12 inches by 12 inches). Then, you can decide what you will plant in each square, based on the spacing guide (following page).



Ground plot



Standing plot

You can use string to divide your plot into square feet, but you are also welcome to just guess with your eyes where your squares begin and end. If you need a simple measure, this booklet is just about 1 foot tall!



PLANNING YOUR PLOT

SPACING GUIDE

Spacing is important because if you don't give vegetables enough space, they won't grow to their full potential. If you give them too much space, you won't be maximizing the use of your plot.

On the back of your seed packets, there may be a recommended spacing based on rows. But growing in a small space like a container garden or plot, you can think about spacing a little differently.

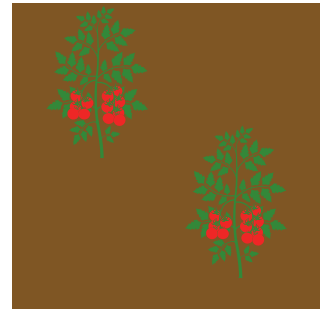
ONE PLANT PER SQUARE FOOT

- Potatoes
- Peppers
- Kale



TWO PLANTS PER SQUARE FOOT

- Cucumbers (if you provide them with a trellis)
- Tomatoes (with a stake or cage)



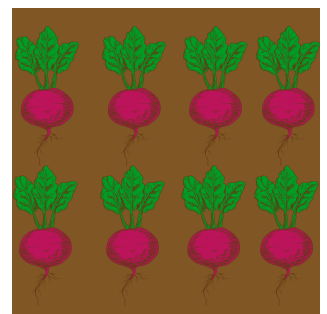
FOUR PLANTS PER SQUARE FOOT

- Lettuce
- Leeks
- Basil
- Zucchini
- Swiss chard



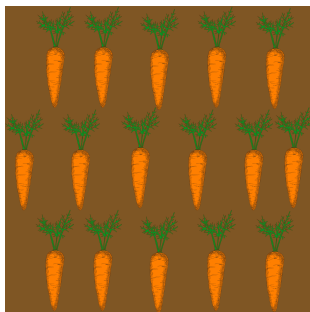
EIGHT PLANTS PER SQUARE FOOT

- Green beans
- Beets
- Cilantro
- Peas
- Spinach
- Turnips



SIXTEEN PLANTS PER SQUARE FOOT

- Carrots
- Parsnips
- Radishes






PLANNING YOUR PLOT

STEP 3: TIMING

Vegetable Seed Starting Dates

New to vegetable gardening? One of the biggest challenges in growing a successful garden is figuring out which varieties need to be started indoors, what can be direct sown and when. Seed starting time lines are based on when the last frost will happen in your region. Many varieties are sensitive to cool temperatures but have a long growing period, this means they must be started indoors well ahead of the planting out date. Using this chart can help gardeners determine when to start seeds indoors and when to direct sow out the garden.

*Please note that frost free dates can change from year to year - always monitor the weather patterns within your region.
Typical frost free growing season: June - September

Start Indoors  Transplant out  Direct Sow 

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Bush Beans						Start Indoors	Start Indoors	Start Indoors				
Pole Beans						Start Indoors	Start Indoors					
Beets					Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Broccoli				Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Brussels Sprout				Start Indoors	Start Indoors	Start Indoors						
Cabbage				Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Carrots					Start Indoors	Start Indoors	Start Indoors					
Cauliflower				Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Celery			Start Indoors		Start Indoors	Start Indoors						
Corn						Start Indoors	Start Indoors					
Cucumber				Start Indoors	Start Indoors	Start Indoors						
Eggplant			Start Indoors	Start Indoors	Start Indoors	Start Indoors						
Kale				Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Kohlrabi				Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Leeks		Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors						
Lettuce / Greens				Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors		
Melons				Start Indoors	Start Indoors	Start Indoors						
Onion Seed		Start Indoors	Start Indoors	Start Indoors	Start Indoors	Start Indoors						
Onion Sets					Start Indoors	Start Indoors						
Parsnips					Start Indoors	Start Indoors	Start Indoors					
Peas					Start Indoors	Start Indoors	Start Indoors					
Peppers			Start Indoors	Start Indoors	Start Indoors	Start Indoors						
Pumpkins & Winter Squash					Start Indoors	Start Indoors						
Radish					Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Spinach					Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Summer Squash					Start Indoors	Start Indoors	Start Indoors					
Swiss Chard					Start Indoors	Start Indoors	Start Indoors	Start Indoors				
Tomatoes			Start Indoors	Start Indoors	Start Indoors	Start Indoors						

PLANNING YOUR PLOT

STEP 4: PULL SOME, PLANT SOME!

A common mistake that beginner gardeners make is that they plant only once in the season. You can plant new vegetables all season long so that you always have something to harvest!

The key is to pull out old plants once they are done, and replant new ones in their place.

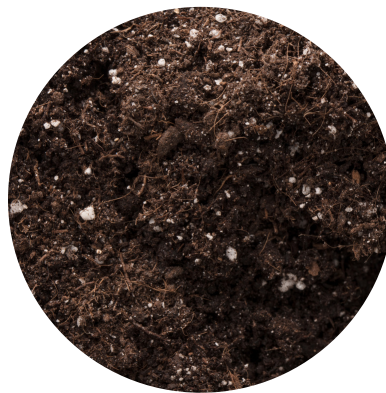
WHEN TO PULL PLANTS & PLANT NEW THINGS



WHEN THEY
BOLT/GO TO
SEED



WHEN THEY
STOP
PRODUCING



IF THE
SEEDS/SEEDLINGS
DON'T GROW



PLANT
STARTS TO
DIE

BE SURE TO REPLANT THESE VEGGIES!

These vegetables grow really fast and so they are easy to replant multiple times a season

Lettuce

Spinach

Kale

Beets

Swiss Chard

Beans





Useful contact details:

Katherine Carey

Community Farm Coordinator

kcarey@thenorthgrove.ca

902-464-8234 ex 1005

Deb Dickey

Food Centre Manager

ddickey@thenorthgrove.ca

902-464-8234 ex. 1006