

# Gardener Orientation

## GENERAL

1. Allotment Plots (#1-25) – 4ft by 8ft beds, rented annually by members. These beds are maintained and harvested exclusively by the assigned gardener.
2. Communal Garden – shared beds for members who register for the season. They include the raised hoop bed but exclude the Allotment Plots. Seeds, compost and mulch are all provided by CCGS.
  - a. Communal Garden beds are maintained and harvested exclusively by the registered Communal Garden members.
  - b. The **Master Garden Plan**, found in the Tool Shed, indicates the plantings in all beds.
  - c. **Harvest** – There are over 90 gardeners in the Communal Garden. Teams determine when vegetables are ready for harvest and share this on the Communication Board. Members may harvest only what is ready for harvest and an amount that will be eaten in 1 meal to ensure everyone enjoys the bounty of the garden.
3. Gate – must be closed at all times except when entering or exiting and locked when no gardeners remain. If unsure of the code, please ask your Team Leader. When locking the gate, please slide the lock through the latch from left to right. This ensures the numbers can be ready right-side up.
4. Children – are welcome but must be supervised at all times.
5. Pets – not permitted within the garden.

## COMMUNICATION

1. Communication – is essential to our success and in particular the Communal Garden. A number of mechanisms have been established to ensure information is shared between gardeners and Teams.
  - a. Communication Book – found inside the Tool Shed, for sharing insights about what's working, pests, areas needing attention etc.
  - b. Communication Board – located at the entrance to the garden – for sharing crops ready to harvest.
  - c. Email – with your Team, Team Leaders and the Board - [canmorecommunitygardening@gmail.com](mailto:canmorecommunitygardening@gmail.com)
2. Task Board – found inside the Tool Shed, lists tasks to be done. Gardeners are asked to check and assist.

## HEALTH AND SAFETY

1. Tetanus – is a bacteria found in soil, dust, and manure and can enter the body through breaks in the skin. It can cause painful muscle contractions. Tetanus vaccination is recommended for all gardeners.
2. COVID Protocols – although there are currently no provincially mandated COVID protocols, CCG continues to recommend the following for the safety of all gardeners:
  - a. Wash/sanitize your hands upon entering the garden.
  - b. Maintain a distance of 2 metres from other people.

## ENVIRONMENTAL AND PEST MANAGEMENT

1. Chemical fertilizers, herbicides, pesticides are absolutely prohibited. Organic pest and disease management such as soap and water (for aphids) or baking soda sprays (for mildew) are acceptable.
2. Compost - garden material is collected and used to build compost. Gardeners are encouraged to build up the soil through the use of compost. Food waste is prohibited in the compost pile.
3. Berries are considered a significant wildlife attractant and prohibited.

4. Voles – through the use of traps this pest is being managed. Gardeners can help by emptying traps and resetting them. If you do not wish to do this, leave the trap in place and someone else to manage. **Do not remove the traps.**

## WATER

1. Water is supplied through the generosity of the Canmore General Hospital. Any abuse or negligence by CCGS members could result in water access being revoked. Therefore it is imperative that all gardeners use the water with care and discretion including:
  - a. Learning how to turn water on at the source (hospital) and turn water off when not in use.
  - b. Being alert for leaks, reduction in water pressure, puddles and report these to your Team Leader or CCGS Board by email to [canmorecommunitygardening@gmail.com](mailto:canmorecommunitygardening@gmail.com)
2. Water cisterns – are filled by a hose through the opening on top of the cistern. Do not remove the hose in the top of the cistern used for filling. Please refill the cistern after use or when getting low. Filling takes 30 to 45 minutes if the water is not being used by anyone else.
3. Allotment Plots – are watered from the bottom up. To do so, insert the hose connected to the faucet on the hospital water standpipe to the black plastic tubing leading to the base of the plot.
4. Communal Garden – watering can be done either directly from cisterns or from the hospital water source. To access the hospital water supply ensure your hose is connected to the faucet mounted on the wooden base of any of the cisterns (i.e., standpipe). Sprinklers are available and a good option for watering but only to be used while you remain in the garden. Ensure the soil is wet to at least 1 inch deep.

## TOOLS AND HOSES

1. Tool Shed – for the storage of all hand tools.
  - a. Tools are for use by all gardeners in the garden. Tools must not be removed from the garden.
  - b. Tools must be cleaned and sanitized after use and then stored neatly in the shed.
2. Hoses – must be sanitized after use and then spread on the ground to allow UV rays to kill any remaining COVID virus.
3. Weed Trimming – string grass trimmers are stored in the shed.
  - a. Allotment Plot gardeners must keep the grass around their bed trimmed to aid pest control.
  - b. Communal gardeners must assist with weed trimming throughout the garden, as needed.

## FINALLY, THE LAST PERSON IN THE GARDEN AT ANY TIME OF DAY MUST:

1. Close tool shed door.
2. Ensure the gate is closed and locked.
3. Turn off the water at the hospital.

**Thank you!**

### Canmore Community Garden Board of Directors

Karen Boyd, President  
Kairn Kunelius  
Lynn Katarey, Secretary  
Helen Corbett  
Cob Staines, Treasurer