

play
day

IMPROVEMENT PROJECT

COMMUNITY GARDEN



Play
matters

Getting kids excited about nutritious local produce is a great way to keep them healthy.

Take
action

When you put a community produce garden in a local park where kids can run and play, you're fighting childhood obesity in two ways at once!

INSTRUCTIONS:

Number of Participants:
10-20 adults and kids

Materials:
Shovels, soil, untreated lumber (4x4 posts, and 2x6 walls/edging), nails, hammer, plants (annual produce plants plus perennial herbs), garden hose

Steps:

Before your Play Day, decide what kind of garden will be best for your site:

- A. **All-in-One Garden:** All the food will grow together in one plant bed and everyone will share it equally.
- B. **Plots:** All the food will be divided so that each individual, group, or school class, will have their own plant bed.

Map out where the plant beds will go. Find a sunny area if you're growing produce, and keep the beds narrow to reach the middle from the paths! If you want to frame the beds with lumber to make them raised, measure the perimeter of each bed and count the number of posts needed, before your Play Day.

On your Play Day, dig each bed to loosen the soil so that the total depth will be 18-24". Mix in additional soil and any other materials needed to correct the pH and nutrient balance.

If you're adding lumber to frame each bed, dig a hole for each post. Set the posts in the holes and add the 2x6 walls/edging to frame the perimeter of each bed. Fill the frame with more soil.

Now you're ready to plant! For individual beds, ask each community member to bring their own plants, or have them take turns choosing plants from your selection. Or if everyone is planting and harvesting in the same area, you can place each plant where it will thrive the best. Don't forget to water them at the end of the day.

