



VOLUNTEERS ORIENTATION LETTER

ABOUT GROW PARKHURST:

What do we do?

We grow food and herbs for free for the community.

Who are we?

Volunteers. Most live in Parkhurst, some are honorary residents. Everyone can help in some way.

Who eats the food?

Anyone. The volunteers who contribute their time and labour are welcome to the food, as well as people in the community who are hungry and may not be able to afford. healthy, fresh food.

What do our volunteers do?

Some plant, weed and water; some build boxes to plant vegetables in, others work on getting donations. Some design products that can be sold to support the community gardens. Other volunteers look after our compost and surrounding areas, keeping it free from litter.

What we want to see?

The amount of food being grown in the neighbourhood increase as more and more people get involved and start their own gardens in their homes and on their pavements.

Where did this idea start?

A group of volunteers in a small British town called Todmorton started the Incredible Edible movement. It's now spread around the world, with people starting their own community gardens in Australia, New Zealand, Canada, Europe and now South Africa.

Digging deeper

There's a great Ted Talk by one of the co-founders of the Incredible Edible movement, Pam Warhurst: How We Can Eat Our Landscapes

(www.ted.com/talks/pam_warhurst_how_we_can_eat_our_landscapes)

One of the points that she makes is that food is a common language that cuts across all cultures and differences. We should recognise the power of small actions: through small actions, we can build a better and kinder future - and that really is incredible.

HOW CAN I SUPPORT GROW PARKHURST?

This community food and herb garden is for everyone to share. Please pick what you need but leave some for others.

We are community garden growing movement, and part of an eco-system – we want to hear your stories.

Let us know what you cooked with the food or herbs, or how you felt in the garden, did you meet any bugs, birds, or butterflies? Or see any fungi, lichen, and moss on the trees nearby?

Help us maintain the garden with watering, weeding, and planting. Support us with donations of compost, materials, or volunteering to do a little handy work. Donate money, equipment, infrastructure, or sponsor signage.

Offer to share your skills and knowledge with us.

Buy our products, join our workshops or activations. Keep an eye on social media pages for sales. All proceeds go toward maintaining the garden.

Follow us on social media and share our story with your networks.

WHAT ARE THE VOLUNTEERS BIGGEST RESPONSIBILITIES?

Their own safety and security.

How?

Create safe and secure family friendly environments.

Clear pathways and communal areas from all obstacles and litter.

Learn from each other and share your skills.

Look after the garden tools, material and equipment.

Look after the plants and compost.

Look after yourself (drink water, wear protective gear like garden gloves and closed toe shoes)

Collaborate with each other. Connect the community.

Remember, volunteers participate at their own risk, so it's in your best interest to look after yourself, and the garden areas.

Communicate with each other. Share great ideas.

Please sign and date below if you would like to volunteer and have read and understood what our project does and what a volunteer's responsibilities are:

NAME: _____

DATE: _____

SIGNATURE: _____