



Community Food Share
650 S. Taylor Avenue
Louisville, CO 80027

Garden Share Program Guide

How-to guide on getting started
helping feed our community from
seed to harvest

Copy of Garden Share Programs Liability Waiver

RELEASE AND WAIVER: I attest that I am physically fit to participate in gleaning and gardening opportunities. I am aware that my participation in Earth’s Table and gleaning opportunities involves physical work, which could include, but is not limited to, exposure to environmental elements, farm tools and machinery, bending and lifting, and insects and wildlife. I understand that such participation presents a potential risk of injury, and I agree to assume any and all liability for injuries to myself arising out of, or related to, participation in gleaning/harvesting/gardening. I hereby, for myself, heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Community Food Share and Earth’s Table, their employees, representatives, officers, successors and assigns as well as any associated individuals and will hold them harmless for any injuries suffered in connection with my volunteer activities at the gardens or farms.

PHOTOGRAPHIC RELEASE: Further, I hereby grant full permission to any and all of the foregoing to use my likeness in any and all media including photographs, recordings, or any other record made in connection with my activities at Community Food Share, Earth’s Table gardens and local farms.

PLEASE NOTE: If a volunteer is under 18 years of age, then a parent or guardian must also sign this waiver.

Under no circumstances will any volunteer be allowed in the Earth’s Table garden or partnering farm without first signing this Volunteer Waiver of Liability Form.

Print Your Name: _____

Signature: _____

Date:_____

Date of Birth (If under 18 years of age): ____/____/_____

Signature of Parent/Guardian:_____

Relationship to Volunteer:_____

Garden Share Program Totals

2017 Growing Season

Number of Volunteers:

Number of Hours:

Pounds of Produce Collected:

Number of Meals:

Thank you to all volunteers and
produce donors!

We couldn't do any of it without
you!



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Community Food Share (CFS) is the Feeding America food bank serving Boulder and Broomfield counties. We work to alleviate hunger in our community by distributing food to food insecure individuals and families by means of our partner agencies as well as through our own distribution programs. With hunger currently impacting 1 in 8 people in the two counties, we are working to serve those in need by providing healthy, nutritious meals. While the amount of food feeding the community is important, the quality and freshness of the food is a strong focus for CFS.

Everyone deserves fresh and nutritious food as it is important in maintaining a healthy and happy lifestyle. Our goal is for 35% of our distribution to consist of fresh produce, and with the help from our Garden Share programs, we are bringing in fresh, local produce from farmers as well as backyard and community gardeners across Boulder and Broomfield Counties.

TOMATOES CONT.

If tomato plants are tall and gangly, remove some of the lowest branches and bury to the point when the next lowest branches are right above the soil. Plant tomatoes about 2 feet apart from one another.

To harvest: Tomatoes will be ripe when they are firm and fully colored. When the tomato is ripe, it will easily be plucked from the vine. Tomatoes picked before ripe will continue to ripen if kept in a warm spot in your kitchen. Green tomatoes are also good to cook into fried green tomatoes.

WINTER SQUASH

Winter squash varieties include acorn, delicata, spaghetti, butternut and pumpkins. Similar to summer squash, winter squash like to be planted in warm soil. Plant seeds of winter squash in the ground when all risk of frost is gone. It is best to also leave lots of room between plants as squash like to move and grow into the space of your garden. Vining squash such as pumpkins need the most amount of space, as much as 5 feet between every plant. Bush types of squash such as butternut will need about 1 to 2 feet between each plant.



To harvest: Winter squash are ready for harvesting when they have a deep, solid color and the rinds are hard. It is best to cut squash from the vine with a sharp knife or clipper, leaving about 2 inches of stem attached to the squash. If winter squash are not immature, injured or exposed to deep frost before being harvested, they will keep throughout the winter if stored in dry, cool place.

SUMMER SQUASH

Summer squash consists of popular varieties such as zucchini, patty pan, yellow crookneck and straight neck squash. A prolific vegetable, summer squash are an easy-to-grow plant and will produce an abundance of squash all summer long. As summer squash are rightfully named, make sure to plant after the last frost when the soil holds a temperature above 60 degrees Fahrenheit. Plant squash about 1 to 2 inches deep and about 1 to 2 feet apart. Consistent watering is important during the whole growing period but is especially key once fruit form and grow.



To harvest: Summer squash are best harvested when small and tender. Use a sharp knife to cut about 1/2 inch from the top of the squash. Once harvesting, check everyday for new produce as squash do like to hide under the leaves.

TOMATOES

One of the most popular and well recognized vegetables across America, the tomato is a staple to many food dishes and diets across the country. They are a great addition to any backyard garden with hundreds of varieties to choose from. If starting from seeds, plant indoors 6 to 8 weeks before the last frost. Before transplanting starts, take one week before the last frost to “harden off” plants. This means taking the plants outside during the day and bringing them in at night.



GARDEN SHARE

Community Food Share’s Garden Share encompasses several growing and harvesting programs that bring freshly grown food to our distribution center. With the help of volunteers and community members, CFS works to collect local produce grown by farmers as well as backyard and community gardeners from all over Boulder and Broomfield Counties.

Community Garden Donations

In collaboration with Earth’s Table, volunteers grow and harvest produce for Community Food Share and other community partners. Local home gardeners are also encouraged to share their bounties by donating.

Farm to Food Bank

Colorado farmers help by supplying fresh, local agricultural products such as fruits and vegetables. When farmers have an excess of produce in their fields but not the labor to collect it, they rely on Community Food Share’s gleaning program to help bring the food from the fields to families in our community.



GLEANING PROGRAM

Gleaning has long been a part of rural culture, as it dates back thousands of years. Farmers would leave excess produce at the perimeter of their fields for the poor, hungry and wandering. This culture of gleaning was a way for farmers to clean their fields and for hungry individuals to find their fill of fresh produce.

Today, gleaning has become a more popular activity to bring community members and farmers together to help get healthy and nutritious food to food insecure individuals while also reducing waste. Bringing people to the farms helps connect them with local growers, allowing relationships to be made between individuals and farmers.

Why We Need Gleaners



It's simple!
The more hands we have in the fields, the more food we can rescue and distribute to hungry families in the community.

ONIONS CONT.

If planting seeds, make sure to plant indoors about 6 weeks before transplanting. Onion sets should be planted in the ground and no deeper than 1 inch, with about 4 to 5 inches between each onion.

To harvest: Onions will be ready for harvest about 100 to 120 days after planting, this will mean mid- to late-summer. Early morning harvests are best. Hold the onion by the “neck” or closest part to the ground and gently pull. Make sure to loosen soil around the bulb as you pull it from the ground.



PEPPERS



Peppers are a member of the nightshade family which also includes tomatoes, eggplants and potatoes. Even though peppers come in a variety of colors, sizes and heat levels, they are all from the same plant family. Peppers are best started indoors or in a greenhouse as all peppers, no matter

the variety, love warm and sunny weather. Put peppers starts outside about two weeks after the last frost and plant about 18 inches apart from each other.

To harvest: Pepper harvesting requires a sharp knife. If you pull the pepper, you may damage the plant. Cut the stem of the pepper with the knife, leaving some of the stem still attached. You can harvest peppers all the way until the first frost. Once the first frost date is known, harvest all peppers. Peppers that are already turning color will continue to ripen once picked.

MELONS

Melons come in a variety of shapes, sizes and colors, common types include watermelons, cantaloupes and honeydew. Growing below rambling vines, melons like warm, dry climates to reach peak ripeness. For Colorado, it is best to plant melon starts once soil temperatures reach about 70 degrees F. If you don't have a soil thermometer, that is around the time peonies are blooming. Melons also like their spaces, so make sure to plant them 36 to 42 inches apart from one another or if you have a trellis for them to climb, distance can be about 12 inches between plants.



To harvest: The best way to tell if a melon is ripe is the smell, texture and color. Cantaloupes and honeydew will turn color from green-gray to yellow and defined netting and cream-colored respectively. These melons will also give at the point where the vine attaches. Watermelons are a little different. Watermelons will still change color and will be very heavy for their size. When watermelons are ready to harvest, the easiest way is to cut the vine with a sharp knife or clippers.



ONIONS

A member of the Allium family, which also includes garlic and leeks. A bulb vegetable, as well as a staple to many cooking dishes, onions are easy to grow, harvest, store and cook with. Onions should be planted in early Spring when temperatures are no longer going to dip below 20 degrees F.

Why Farmers Donate



Each year farms are dependent on a number of factors: weather, changing markets, and consumer demands. When farmers are left with an excess of a crop, they often look to donate to local food banks and pantries. Farmers are happy to see their produce stay in the local region and help relieve hunger in their community.

Donations from farmers are eligible for both federal and state tax credits. This allows farmers to receive financial reimbursement for the food they contribute.

All liability issues are addressed for farmers through the Bill Emerson Good Samaritan Food Donation Act. Information concerning the Act can be found here: <http://www.feedingamerica.org/ways-to-give/give-food/become-a-product-partner/protecting-our-food-partners.html?referrer=http://tafb.org/give-food/food-safety-liability-protection/>

What to Expect

Once you sign up to glean:

- All volunteers will sign a liability waiver* before participating in a gleaning event.
 - *Copy of waiver is located at the end of this guide.
- This Garden Share Harvest Guide will be sent to all volunteers to help answer any questions they have about gleaning and harvesting in Boulder and Broomfield Counties.

Day Before Glean:

- A call or email will be sent to all gleaners for the next day giving them a map of where to go, what to bring, general logistics of the glean and contact information for the Lead Gleaner.



CUCUMBERS CONT.

Remember that cucumbers, like many other plants, depend on insect pollination so make sure you have a bee- and insect-friendly space. Allow cucumbers to reach a length of 6 inches.

To harvest: You will know a plant has reached peak harvesting time when the cucumbers are uniformly green and firm. It is best to use a knife or clippers to cut the stem above the fruit. If cucumbers are left on the vine for too long, they will form a tough skin, become bitter and the plant will decrease productivity.



LETTUCE GREENS



All dark leafy greens are a great source of vitamins and minerals so harvesting at the optimal time is best. This refers to all green leafy vegetables ranging from spinach, mustard greens, kale, chard and other similar greens. Lettuce greens are another great cool season crop that can also grow all summer long. It is best to plant seeds in early spring or late summer. If you plant with

a few weeks between you will get fresh green all summer long, and if you plant continual producing greens, such as kale and chard, you can grow into the colder days of early fall.

To harvest: Spinach and greens that grow in bunches close to the soil can be harvested by cutting about 3/4 to 1 inch above the soil surface with a sharp knife. Harvesting leafy vegetables such as kale and chard requires cutting the outer most leaves and letting the smaller, inner leaves continue to grow. This will allow you to harvest over a longer period of time.

CARROTS

Carrots are a delicious and nutritious root vegetable to grow. They can also tolerate cooler temperatures which makes them good to plant in the early spring and late summer. Carrots like loose and deep soil. When carrot seedlings emerge from the ground and reach about 1 inch in height, thin to 1 inch apart. Thin again when greens have reached 3 inches tall.



To harvest: Harvest when the exposed part of the carrot shoulders reach 1/2 to 3/4 inch in diameter. Just pull and wiggle to loosen from the ground.

CORN

An annual crop that is a member of the grass family. Corn can grow 4 to 12 feet tall with one to three ears of corn growing on each stalk. Plant corn seeds in the ground two weeks after the last frost. It is best to plant corn 1 inch deep and 4 to 6 inches apart. A corn ear is ready for harvest when the silks turn brown and the ears are a dark green color.



To harvest: Grab the ear of corn in one hand and the stalk in the other. Pull ear down away from stalk and twist.

CUCUMBERS

A relative of melons, cucumbers are a great vegetable to grow for eating and pickling. The keys to successful cucumbers are sunlight and consistent watering. Plant cucumber seeds 1 inch deep at least a foot apart about two weeks after the last frost.

Day of Glean

All participating volunteer gleaners should arrive 15-20 minutes before the scheduled glean. This allows time for all gleaners to arrive, sign in, receive introductory training for the glean and ask questions.



What to Bring & Wear

Reminder:

Clothing will get dirty and personal items brought to site are the responsibility of the owner. Small items can easily be lost in the fields. Make sure keys, cell phones and other items are kept in a safe place during a glean.

- Water
 - Sun protection (sunglasses, hats, sunscreen, bandanas, etc.)
 - Breathable t-shirt*
 - Comfortable pants/shorts*
 - Sturdy, closed toed shoes
 - Gloves (if needed)
- *Long pants and long sleeve shirt (highly recommended when gleaning corn)

GROW AND HARVEST GUIDE

BEANS

There are two types of beans: bush and pole. The main difference between the two are their growing styles. Pole beans grow as a climbing vine and need support from a string, stake or trellis. Bush beans grow more compactly and do not require support. It is best to plant beans 1 inch deep and about 2 inches apart after the last frost. Beans do not transplant well, so plant the seeds directly into the ground.



To harvest: Remember that beans are harvested at the immature stage. When beans have reached a firm sizable pod size they are ready to be picked. Beans can be cut or snapped off the plant. Be

BEETS

Beets are a great cool season crop. This makes them easy to plant early in the season and continue growing when temperatures get lower in the fall. Beets like loose and nutrient-rich soil, so make sure to till and add compost to your soil. Plant the seeds 1/2 inch deep and about 1-2 inches apart. Once the seedlings start to grow, make sure to thin with about 5 inches between each plant. Beets will not form if they are too closely planted.



BEETS CONT.

To harvest: Once the beets reach a diameter of 3 inches they are ready to harvest. To know the size, check the diameter of the shoulders of the beet protruding from the ground. Beet greens are also delicious and make a great addition to any salad or stir fry.

BROCCOLI/CABBAGE/CAULIFLOWER

All members of the same plant family, broccoli, cabbage and cauliflower are Cole crops. These crops can be planted in early spring indoors and transplanted outside a few weeks before the last frost. For cauliflower, when heads have reached a golf ball size, use string to tie the outer leaves over the head. This will prevent sun damage. Plant broccoli and cabbage about 4 to 6 inches apart from each other. Cauliflower prefers 8 to 12 inches of space between each plant.



To harvest: For broccoli, harvest when heads are full and tight. Continue harvesting shoots as long as the plant produces them. Once the broccoli begins flowering, the broccoli will start becoming bitter. Cauliflower is similar as it is ready when the head is full and tight. It will only produce one head and no new shoots will grow once the main head is harvested. Cabbage is ready when heads are firm and solid to the touch. With all the plants, find the stalk right below the head and cut with a sharp knife or clippers.

