Design Elements for a Methow Valley Community Garden

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Grocery List:

- Problem Statement
- Our Goals
- Methodology
- Results
- Recommendations
- Final Thoughts
- Q&A time
Methow Valley permanent residents are concerned about food sovereignty despite being surrounded by agricultural lands.

Overwhelming wealth gap:
30% of children in the Methow live in poverty
Self-sufficiency standard income more than double poverty line
A minimum wage job does not cover the cost of basic needs for families

- **Self-Sufficiency Standard**: $47,729
- **Minimum Wage**: $24,960
- **Federal Poverty Guideline**: $21,330

**Methow Valley, WA 2019**
1 adult + 1 preschooler + 1 school-age

Number of hours a minimum wage worker must work per week to meet her family’s basic needs: **75**

Twispworks Self-sufficiency Standard study
Our Goals/Objectives

1. Research various community garden models in order to suggest an organizational structure for a hypothetical community garden project.

1. Collect information on physical infrastructure.

1. Identify possible funding sources.

1. Research pros and cons of a community garden in the Methow Valley, and provide recommendations.
Methodology

Benchmarking other community gardens

Researching specific benefits of community gardens related to the needs we intend to address

Researching physical design elements of community gardens such as fencing, water and soil health.
Benchmarking

1. Population Density
2. Land Ownership
3. Staff
4. Size
5. Plot Types, Sizes, and Prices
6. Other Uses & Fun Facts
7. Budget/ Funding
Benchmarking

**Population Density:** Majority Urban

**Land Ownership:** True ownership, nonprofits, parks department, leased land

**Staff Structure:** Majority volunteers
  - Some had non-profit staff or parks department

**Size:** Ranged from 14.5 acres to \( \frac{1}{4} \) acre
  - Rural garden benchmarked was \(<\frac{1}{2}\) acre
Benchmarking

Plot Types: Majority Individual plots
- Some mixed with communal/donation plots

Plot Sizes: Range: 4’x8’ to 10’x40’
- Majority smaller than 10’x10’

Plot Prices: Range: $10 to $55
- Based on target audience, size of plot, size of garden

Other Uses & Fun Facts: Education programs and classes
- Organic-only, TLC programs
Budget

Start-up expenses:

- Land Acquisition
- Construction
  - Shed, Raised Beds, Compost pile, Irrigation
- Tools
- Site preparation

Start-up funding:

- Donations (money or supplies)
- Grants
  - Rural Community Assistance Corp
Annual budget:

- **Main Expense:** Water Bill
  - Repairs, Tools, Property taxes/leasing

- **Main Revenue:** Plot rentals
  - Classes & events, Donations, Parks Dept
Benefits of Community Gardens

- Food security → food sovereignty
- Community development
- Food education
- Improves mental health
  - ADHD, Depression, Anxiety
  - Drug rehab, addiction and relapse prevention
- Improves Physical health
  - And encourages a healthier diet
Benefits of Community Gardens

- Garden food has 3-5 times more nutritious than store bought!
- Combats poor air quality & heat islands
- Rest for native fauna
- Hyper-local moisture & cool air
- Utilizes polyculture
  - Safely combats the negative effects of the agriculture industry
SUSTAINABLE DEVELOPMENT GOALS

1. No Poverty
2. Zero Hunger
3. Good Health and Well-being
4. Quality Education
5. Gender Equality
6. Clean Water and Sanitation
7. Affordable and Clean Energy
8. Decent Work and Economic Growth
9. Industry, Innovation and Infrastructure
10. Reduced Inequalities
11. Sustainable Cities and Communities
12. Responsible Consumption and Production
13. Climate Action
14. Life Below Water
15. Life on Land
16. Peace, Justice and Strong Institutions
17. Partnerships for the Goals
Recommendations

1. Strong volunteer program
2. Small/vanity plots for beginners, diverse plot sizes
3. SHADE
4. Communal/Donation plots
5. Find multiple sources for initial funding
   a. Grants, donations, sponsoring, fundraising events
6. Encourage active community involvement
   a. Organize community events
   b. Emphasize accessibility
Final Thoughts

If a garden was placed in the Methow Valley, it would be beneficial for:

- Food sovereignty and food security
- Rural community development
- Environmental and food education
- Mental health
  - Modern stressors, climate change
- Involvement with the arts
Thank you for listening!
Questions?