Fall Garden Workshop
#chicagogrowsfood
Chicago Grows Food is a collaborative project devoted to expanding and unifying the food growing community in Chicagoland. Our mission is to creatively connect advocates for safe and environmentally-conscious food production, land stewardship, food access, food security and nutrition to catalyze and sustain equitable and holistic health outcomes for the communities of Chicago.

Est. May 2020
Our Partners:

- Stein Learning Gardens at Saint Sabin
- CHICAGO Partnership for Health Promotion
- BIG GREEN Chicago
- openlands
- UI Health / UIC
- Root Builders
- HEALTHY SCHOOLS CAMPAIGN
- Center for Urban Transformation
- DePaul University IRWIN W. STEANS CENTER
Project Goals:

Distribute emergency Grow Kits to individuals and families facing food insecurity in our city and surrounding communities.

Provide online and offline learning resources for Grow Kit recipients to take care of their donated kits and grow real food for their families right now.

Build community among people growing food at home to help fight social isolation and generate long-lasting social relationships that can help us navigate this and future storms.

Pair Grow Kits with at-home learning activities for students to continue engaging in hands-on learning (with the help of our education partners) during this time when they are unable to return to their school and, for some, their school gardens.
Our impact so far...

- **2,097** kits distributed since mid-June
- **24** Chicago neighborhoods served
Plant Care Agenda

1. Observations
2. Pest or Pollinator Pal?
3. Pest Prevention Methods
   a. Biodiversity
   b. Composting
4. Plant Diseases & Treatments
5. Trivia Time!
Plant Care: Observation
Observations Are Key
Observations are Key

Questions we ask in the garden:

1. What new growth am I seeing
2. Is the plant entering a new phase in their life cycle?
3. Is something ready to harvest/how much longer until they’re ready?
4. What’s the weather’s impact on the plants, hot, cold, wet, dry, windy, cloudy, sunny? What can I do to help the plant cope with stress?
5. Are the leaves, stems, flowers, fruits healthy? Looking for overall color, spots, holes, tears, etc.
6. What is that bug and what’s it doing?
Plant Care: Pest or Pollinator Pal?
Plant Care:
Biodiversity
Plant Diversity and Habitat Creation
Plant Diversity and Habitat Creation
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Plant Diversity and Habitat Creation
Plant Care: Composting
Composting

What

Why

How
Ready to learn more?

Illinoiscomposts.org
Plant Care:
Diseases & Treatments
Early Blight
Downy Mildew

Powdery Mildew
Trivia Time!

Go to www.menti.com & type in the code 91 72 49
Community Resources

Need additional help? — Ask your people!

#chicagogrowsfood

Facebook Gardening Groups - Chicago Gardeners Club or Avondale Gardeners

Ask a Sista Farmer - Soul Fire Farm (First Friday of every month for the rest of the year)
Reuse, Rot, Recycle:
What to do with your Grow Bag this winter?
Reuse: Season Extension

Save the plastic bag that your soil came in to create a DIY greenhouse season extender! Ask your teacher how to do it!
Rot: Compost Experiment

TRY:
- Egg Shells
- Coffee grounds
- Tea bags
- Chopped up banana peels
- Apple core
- Citrus peel

AVOID:
- Onions & garlic (smelly!)
- Meat or dairy (no animal products)
- Oils or grease
- Avocado
- Cardboard
What is decomposition?

Bacteria, Fungi & Worms

Diagram showing a tree and leaves falling to the ground, indicating the process of decomposition.
Decorate & Celebrate
Recycle:
Pass it on to a friend, or store it for next year!
Be proud of what you grow!
Share your story and join the community.

- Join Chicago Grows Food online, via Facebook or Instagram
- Join your neighborhood garden groups
- Use #chicagogrowsfood to share photos and stories
How to share your garden story:

1. Grow food at home in your yard, on a balcony/porch, in a windowsill, or any other space you can find!

2. Take photos of your garden and post them on Instagram throughout the growing season using #ChicagoGrowsFood in the caption. You can also share a story, recipe, reflection, or something else!

3. Include yourself, a friend, or family member in the photo if you feel comfortable doing so.

4. Make it local! Include a second hashtag in the caption of your post using the name of your neighborhood or town followed by “grows food” and you could be a featured community.
Contact Info

General inquiries
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Web and Social Media
www.chicagogrowsfood.org
Instagram: @chicagogrowsfood
Facebook: Chicago Grows Food
“Something essential happens in a vegetable garden. It’s a place where if you can’t say “I love you” out loud, you can say it in seeds. And the land will reciprocate, in beans”

-Robin Wall Kimmerer