



Senior Center Greenhouse Volunteer Form

THANK YOU!

Volunteers are needed to help the Farmer in the greenhouses at the Community & Senior Center in Frisco, CO. Produce will be grown for the local food banks.

Print Name _____

Are you a designated greenhouse garden plot holder? Yes _____ No _____

Are you sharing a plot with a greenhouse garden plot holder? Yes _____ No _____

Are you part of a "sponsored plot"? Yes _____ No _____

Physical Address _____

Mailing Address _____

Phone # _____

E-mail Address _____

Emergency Contact Name, Relationship & Phone# _____

Volunteer Rules & General Guidelines

Summit Prevention Alliance hired Holle Vliet as the Farmer/Greenhouse Staff for the greenhouse gardening season to grow food for the food banks and lead a team of volunteers.

1. Gardening mentoring will be available by the Farmer during the week to answer any gardening questions or concerns during set days and hours that are yet to be determined. Once days and times are set, they may be subject to change throughout the season. *Please try to save all questions for the days and times that are designated for mentoring. However, if there are any gardening emergencies such as a pest infestation or you can't make it during the mentoring hours, please e-mail Holle at holle@consultingyahoo.com. Holle will be away and not accessible by e-mail in April. She'll be available starting May 1, 2010.*

2. Farmer will communicate via e-mail and a message board volunteer duties and gardening announcements of the week.

Volunteering duties may include: watering, pruning, weeding, cleaning the greenhouse, harvesting, cleaning and packaging produce for food bank distribution. Volunteering will cease at the end of the season. The end of the season will be determined by Summit County Government based on when the water will be shut off. This can be any time between late September and October 31, 2010. We will inform volunteers immediately as soon as we find out when the water will be shut off. We will need help with clean-up after the water is shut off. Volunteers can volunteer part of the season. A full season volunteer commitment is highly appreciative. **Plot holders are required to volunteer minimally four hours a week until the end of the season.**

Practice conservation and mindfulness. This project is being funded by a non-profit and funds are limited. Treat the garden with care. Turn off the water when you are not using it. Take care of tools and gloves and bring your own if you have them.

Let's create a beautiful garden together! Honor the space of others and respect the rights for others to garden using their own methods. There are many different philosophies on gardening, please do not impose yours on others. Let's all leave our stresses at the door and make this garden our sanctuary.

SCHEDULING

- The scheduling times and details will shift slightly throughout the summer. On longer days the evening crews will start and stay later and the morning crews will start and leave earlier. During harvest times, we will need more volunteers and more hours of work.
- Two people will be scheduled to work the morning crew. Duties will include, but not be limited to, watering, and opening up the greenhouses. Two people will be scheduled to work for the evening crew in closing up the greenhouses to make sure there is no standing water and various other duties. If you have friends you would like to be scheduled with please list them on this volunteer form.
- Volunteering duties of the week will be announced by Holle Vliet, the Farmer/Greenhouse Staff. Volunteering will cease at the end of the season.
- There will always be a gardener or Farmer on call at all times who you can contact if you feel that there are serious problems in the greenhouses or if you are sick or cannot make your shift. However, if you know you are going to be out of town or unavailable for one of your shifts, it is preferable that you let the Farmer know ahead of time instead of calling on the day of the shift.

WATERING

- Watering might seem very simple and straightforward but in fact it is an exact science and is very important.
- Please do not water in the greenhouse when you are not scheduled to water that day. Plants need to dry out between waterings, otherwise the roots will not grow and the stems of the plants will rot. The biggest mistake people make is in over-watering their plants. An exception to this is if a plant is in obvious distress, then by all means you can water ONLY that plant.
- Those on water duty will be spot watering and must have the care to do so. There will be no mass indiscriminate watering, so if you do not have the patience to water plant by plant in this way please let the Farmer know and you will be given other volunteer duties.

PRUNING

- Part of the joy of this gardening is going to be that we can all share our gardening secrets with each other. If you have experience with certain veggies and knowledge that you feel can benefit the garden, please let us know what your areas of expertise are so that we can best utilize your talents. Those with special talents may be assigned small sections of the garden to take care of. Please list any areas of expertise at the end of the volunteer form.
- Please no indiscriminate pruning! Vegetable gardens can look unruly but pruning should never be done without first discussing it with the Farmer. All pruning techniques will be discussed and agreed upon before initiating pruning.

BUGS

- Bugs are a natural part of any garden. However, stay alert and if you notice an isolated plant that is looking very sick or infested remove it from the greenhouses IMMEDIATELY. If you notice a large group of infested plants then please call the Farmer. The Farmer is the only one who will be spraying for insect control, if necessary, in the greenhouses. The spray will be organic and is made from spices and herbs. Please let the Farmer know ahead of time if you are allergic or sensitive to any plants or herbs so that we can schedule someone else to work if there has recently been spraying in the greenhouse. One of the most highly underrated practices in bug control in keeping the plants healthy is squashing the bugs (aphids, fruit flies, spider mites etc.) when you see them.
- Keep clean and tidy! Don't leave standing water in watering cans, it may be convenient but it also breeds disease and mosquitoes. Alert the Farmer to any standing water or puddles in the greenhouses.
- No eating in the greenhouse to prevent attracting bugs.

There will be mini harvests through-out the year but the main harvest time should be a lot of fun, when we will all have time to be together, get to know one another and will have plenty to do! Let us know if you have any skills that would be relevant for harvest season.

There will be a special Harvest Dinner (Party!) for all the gardeners and volunteers later in the season!

Please list if there are particular people that you would like to be scheduled to volunteer with:

Please list your gardening experience and any expertise that you may have in vegetable gardening:

Please list days and hours that you are able to volunteer throughout the season and dates of any vacations:

Please list any limitations preventing you from participating in certain volunteering activities such as allergies, injuries or Medical Doctor orders:

It is the responsibility of the volunteers and plot holders to notify the Farmer of any e-mail, address or phone changes.

I have read and agree to comply with the above Volunteer Rules and General Guidelines.

Volunteer Print Name: _____

Signed: _____ **Date:** _____