



Rise Garden Handbook

**Gardening with Rise HomeSchool Classes &
Dunbar Agriculture and Learning Center**

Who are We

Rise Homeschool Classes (Rise) is a set of long term homeschool families that desire to be the change we want to see! Our goal is to create learning opportunities for our children to be reflected in what they learn, and to empower them with hands-on skills that will support their future goals.

The mission for our community garden is to make healthy eating through organic gardening accessible to all and to provide a space to bring together people of different races, religions, cultures and socio-economic backgrounds in fellowship and service. Creating a community garden will help families learn how to produce their own healthy foods for generations to come. Participants will learn to effectively research and explore various foods and develop skills to create their own recipes, businesses and other opportunities.

Dunbar ALC (Agriculture and Learning Center) is a non-profit organization whose mission is to empower and engage youth through agricultural fundamentals; fortifying leadership and work ethic skills for the purpose of nutrition sufficiency and contributing to the local food system. Dunbar ALC believes "You give a child a fish, he will eat for a day, teach him how to fish, so he will eat for a lifetime". Dunbar ALC works with other organizations to develop an

effective gardening plan that will develop skills that may encourage young farming and other entrepreneurs.

What is community Gardening

Gardens are built together, filled together, sown together and rewarded together with a mindset of giving more than you take. Community gardening allows members of a community to work together to produce local food and to provide healthy eating and sustainability. Gardening fosters community collaboration and healthier environments. Whether you are growing organic food, flowers, or just enjoy being outside, consider being a part of Rise Homeschool Classes Community Garden.

Operation of the Garden Sites

Watering: *(The following practices and guidelines help avoid wasting water)*

- Unattended watering is prohibited.
- Sprinklers are allowed but you must be present the entire time they are in use.
- It is the gardeners' responsibility to turn the water off at the spigot after watering.
- Some hoses have a nozzle that will stop the water from flowing from the hose without turning off at the spigot. Remember to turn off both spigot and nozzle before you leave.
- Please handle hose nozzles and spigots with care and notify your Site Coordinator if they need repair. Help conserve this important resource by watering judiciously and mulching well.
- Please also check with your Site Coordinator to learn any quirks of your site's watering setup.

Tools and Equipment:

All gardens are supplied with large tools like shovels, rakes, hoes and wheelbarrows. Rise Garden tools are usually marked and labeled. After use, they should be returned to the storage site, cleaned and ready for the next gardener to use. Let your Site Coordinator know about broken tools so that they can be repaired or replaced.

Gardening Organically

Rise Homeschool Classes Garden & Dunbar ALC is committed to gardening in socially and environmentally responsible ways. The only fertilizers, herbicides, and disease or pest controls allowed are those accepted by major organic certification agencies, such as the Organic Crop Improvement Association. Soil fertility is maintained or enhanced by creating

optimal conditions for biological activity, through crop rotation and the addition of organic material and the judicious use of organic and natural mineral amendments. The use of prohibited chemicals will result in immediate expulsion from the garden and forfeiture of the right to garden with Rise Garden in the future. Guidelines for permissible gardening practices are given below. If you have specific questions, please contact your Site Coordinator or consult the gardening section of our website.

Weed Control

Gardeners are expected to control weed growth in and around the perimeter of the garden. Synthetic herbicides of any kind are prohibited. Recommended practices for controlling weeds are hoeing, mulching, and hand weeding. A quick start in the gardens after they open also helps, as desirable plants help to keep the weeds at bay. The absolute best method of weed control is mulching. It comes with the added bonus of increasing moisture retention in the soil. It's a win-win that will make the difference in how much you work in the garden and how much you enjoy it.

Insect Control

Synthetic insecticides are prohibited. Preferred control methods include crop rotation, hand picking, introduction of predator species such as ladybugs or lacewings, biological controls such as companion planting, soil solarization, and row covers. Row cover works best with vegetables that don't require fertilization by preventing insects from getting to the crops to lay eggs or feed. These include lettuces, arugula, spinach, beets, or chard.

Disease Control

Most problems with diseases, especially soil borne ones, can be controlled by maintaining a clean garden and healthy soil. Here are some ways you can help:

To improve the quality of your soil, use organic material of plant or animal origin, such as:

- compost
- leaf mold
- aged livestock manure
- blood and bone meal
- fish or plant meals
- natural mineral amendments, such as:
 - greensand
 - granite dust
 - ground limestone
 - rock phosphate

Should other fertilizers be required:

- liquidized seaweed
- fish emulsions
- commercially prepared organic fertilizer blends are acceptable

Please do not dump any waste near or trash near gardens. Refused vegetables should be used for compost or disposed of properly away from the garden.

Please Note:

Cleaning is everyone's responsibility. The guest family is sharing their home property with us, please respect it at all times.

By signing below, you and those you register for participation in Rise Homeschool Classes Community Garden understand and agree to adhere to all of the requirements of participation in Rise Homeschool Community Garden as put forth in this document.

Parent Printed Name: _____

Parent Signature: _____

Date: _____

1. LIABILITY WAIVER, RELEASE, INDEMNIFICATION AND ACKNOWLEDGEMENTS

1.1 Awareness of Risk. You understand that your participation in the Rise Homeschool Community Garden (the "Garden") has the inherent risk of death or injury to yourself or your registered participants, and of damage to your property.

These risks may result not only from the your own actions or inactions, including overexertion, but also from the actions or inactions of other gardeners, or the owner of the land where the Garden is located (the "Landowner"). These risks may also arise from the condition of the land where the Garden is located, or the equipment and tools available at the Garden, or the weather or other environmental or local conditions. You also understand that hazardous conditions may exist at the Garden and that other gardeners may be unskilled.

1.2 Assumption of Risk. You assume full responsibility for any and all risks of death, bodily injury or property damage, including, without limitation, those identified in this document,

caused by or arising from your direct or indirect participation in the Garden, regardless of the cause, even if that risk is caused by other persons' negligence, whether passive or active.

1.3 Waiver and Release of Claims. You waive and release any claims against Landowner, Rise Homeschool Classes, Rise Homeschool Classes Directors, and Landowner's directors, officers, agents, employees, volunteers, and affiliates (collectively, the "Released Parties"), for any liability, loss, damages, or claims resulting from death, injury, or property damage, to you, third parties, or any property, that occur while you or your guests are in the Garden, whether caused by active or passive negligence by any of the Released Parties or any other persons. You agree not to sue any of the Released Parties on the basis of these waived and released claims. [You understand that your releases and waivers in this document extend to claims that you do not know of or do not expect to exist at the time you sign this document, and you waive the protections of Section 1542 of the California Civil Code.] You understand that Client would not permit you to participate in the Garden without your agreeing to these waivers and releases.

1.4 Medical Care Waiver. You waive and release any claim against the Released Parties arising out of any first aid, treatment or medical service, including the lack of such or timing of such, rendered in connection with your participation in the Garden. You understand that you are not covered by or eligible for any insurance, health care, worker's compensation, or any other benefits maintained by Rise Homeschool Classes or the Landowner.

1.5 Indemnification. You will indemnify and hold the Released Parties harmless from and against any and all claims, liabilities, losses, damages, expenses and attorneys' fees (together, "losses"), including, without limitation, losses arising from any death, property damage or injury of any nature whatsoever that may be suffered by you or your guests or any other person in a relationship with you, which may arise directly or indirectly from (i) your or their presence or participation in the Garden or (ii) any breach by you of this agreement, except to the extent the loss is caused by the gross negligence or willful misconduct of Client.

1.6 Publicity. You consent to the unrestricted use in any form of any photographs, interviews, videotapes, film, other visual or auditory recordings, or any other medium, including the internet, of you or your guests that we or others may create in connection with your or your guest's participation in the Garden. You waive any right to inspect or approve the finished product. You are not entitled to any compensation for creation or use of the finished product.

2. TERMINATION

2.1 Failure to Comply with Agreement or Garden Rules. We may terminate your right to use the Garden if you fail to comply with this agreement or with the Garden Rules, outlined in the Rise Garden Handbook.

2.2 OTHER PROVISIONS Entire Agreement, Severability and Modification.

This agreement, together with the Rise Garden Handbook, is the complete agreement between you and Rise Homeschool Classes Garden concerning the Garden and supersedes any prior documents or discussions relating to your participation in the Garden. If any provision in this agreement is held invalid or unenforceable, the other provisions will remain effective, and the invalid or unenforceable provision will be considered modified so that it is valid and enforceable to the maximum extent permitted by law. This agreement may be modified only as stated in a written document signed by both you and Client.

2.3 Third-Party Beneficiaries. Landowner and each Released Party are express third party beneficiaries of Section 2 of this Agreement, which means that they can enforce those provisions against you. This agreement is for the exclusive benefit of you, your registered participants, Rise Homeschool Classes, and Rise Homeschool Classes affiliates. It is not for the benefit of any third party, including any of your family members.

Parent/Participant (if over 18) Printed Name: _____

Signature: _____

Date: _____

WELCOME TO XYZ COMMUNITY GARDEN!