

Resources for gardening in Cambridge, with or without your own yard!

If you don't have a space to garden, you can apply for a plot in a **community garden**. Contact Jennifer Wright, jwright@cambridgema.gov.

But with gardening so popular now, the waiting list is long. What can you do in the meantime to grow a few things, get your hands dirty, and feel productive?

1. **Work with City Sprouts!** Adults and kids welcome. Information: Caitlin Rogers, crogers@citysprouts.org
2. **Grow vegetables, herbs, flowers in containers.** The city offers an annual workshop on it, or just try! Get tips from gardeners, garden centers, etc.
3. **Help pull weeds and beautify the city.** Kathy Gardner leads a small network in Cambridgeport, the Pick-a-Pocket Gardeners; they hope to expand around the city. pickapocketgarden@gmail.com
4. **Go foraging or gleaning.** Foraging: looking for berries, mushrooms, etc. in waste areas around the city. Gleaning: picking crops that would otherwise go to waste. An article about foraging: www.boston.com/bostonglobe/ideas/articles/2009/08/30/a_new_movement_redefines_local_food/ To try out **gleaning**, contact Oakes Plimpton at plimag@rcn.com.
5. **Plant gardens/clean up open areas/work with community groups.**
Hope in Bloom plants gardens for people with chronic illnesses. <http://hopeinbloom.org/>
Charles River Conservancy runs riverside clean-ups. <http://charlesriverconservancy.org/>
Check out programs in Boston & Somerville:
Boston Natural Areas Network www.bostonnatural.org/citynativesnursery.htm
Somerville Community Growing Center www.thegrowingcenter.org/about.html

If you DO have space in your yard, but would like support, a few options:

1. To meet enthusiastic gardeners, get advice/mentoring, check out the **Somerville Garden Club**, www.somervillegardenclub.org. Their meetings are the second Weds of each month at 7pm at Tufts Administration Building, 167 Holland St. (10 min. walk from MBTA at Davis Sq.) They also have a newsletter and other events.
2. Twice a year (first Sat. in May, second Sat in Sept.), gardeners exchange plants and knowledge at the Plant Swap in Fayette Park. To be added to the email list, email Helen Snively, hmsnively@aol.com. Plant swappers also have an email listserv; contact Helen.
3. Helen also knows of a few **volunteer garden mentors** and a few people who'd like to garden in someone else's yard—we call it Yard Sharing. Again, contact her.
4. **Green City Growers** will plant your yard for you. Jessie Banhazi, 617-776-1400, www.growmycitygreen.com

ATTACHMENT B

..... SEPTEMBER 2010

The Second Annual Cambridge Urban

AG FAIR

CELEBRATING LOCAL GARDENS, GROWERS & FOOD



TIPS ON COMPOSTING, RAIN BARRELS,
GARDENING AND BEE-KEEPING

COOKING DEMOS FROM LOCAL CHEFS

JUDGED COMPETITION:

ENTER YOUR HOME-GROWN FRUITS,
VEGGIES, HOMEMADE BAKED GOODS, HONEY,
FLOWERS, PRESERVES AND PICKLES!

All events are free, open to the public & family-friendly!

..... to find out more, send an email to info@urbacult.com

ATTACHMENT C

Taste of Cambridge Announces its own Disappearance: To be a (virtually) Zero Waste Event

2010 ToC waste to be fully recycled and composted

Cambridge — May 15, 2010 — People attending this year's Taste of Cambridge will get to eat well, support good causes (City Sprouts and the YWCA), and see a clean and green food event in action. Learning from last year's efforts, the TOC committee is working to make this year's Taste an environmental activist's dream: a large public event generating virtually zero waste. Green Committee organizer, Juliana Lyman of Savenor's, convinced several local businesses to contribute to this goal. The local distribution company Perkins, of Taunton, MA, will donate all the compostable plates, cups, utensils, and napkins. The Charles Hotel is volunteering their loading dock and Save that Stuff will play a large role. In addition to recycling cans, bottles, etc., they will station composting bins so that attendees can drop in any uneaten food to be composted. They will also provide compost buckets to the participating restaurants, to ensure that all food wastes are collected for composting.

The Taste of Cambridge will officially start at 5:30 pm on Thursday June 24 and end at 8:30 pm. While the event is in full swing, volunteers will be working to make it all disappear. The most environmentally passionate volunteers will get to be the most visible. They will be stationed at the compost and recycling bins to guide everyone to dispose of their napkins, plates, and cups. They will also be hauling bags to the loading dock. Though the work isn't glamorous they will be crucial to this effort, and they will have fun and the satisfaction of making a difference—as well as tasty food and beverages as a thank you.

Every restaurant participating in this year's ToC will sign a carbon footprint clause: they will agree to leave only minimal wastes, and bring in no styrofoam or non-compostable plastic. The committee will keep track of how much is composted and recycled, in order to evaluate the leave-no-trace effort. The results will be posted on the ToC website so the public can follow the effort.

Volunteers are welcome, and so are inquiries about the zero waste effort. Contact Juliana at juliana@savenorsmarket.com

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For more information, volunteers only:

(Juliana Lyman), (617-576-0214), (juliana@savenorsmarket.com)

For more information on Taste of Cambridge:

<http://www.tasteofcambridge.com>

twitter [@tasteofcambridge](https://twitter.com/tasteofcambridge)

Description of volunteers needed

All Volunteers must be able to:

Work a minimum of 2.5 hours and possibly up to 3.5 hours

Attend mandatory volunteer meeting Tuesday June 21 5 PM at Tommy Doyles

Come in comfortable clothes and shoes that can get soiled (you are welcome to use Charles Hotel Bathroom to freshen up)

Green Trash Talkers. These adult volunteers will be stationed beside the receptacles. They will be responsible for greeting attendees who are looking to dispose of their "trash." They will need to point, direct and tell attendees where to put specific items (compost, recycling, or anything) They will also take turns monitoring the main dumping area at the loading dock. The Trash Talkers will have a LOT of face time with attendees and participants, so they need to be gregarious. They must also be:

- Comfortable with directing people
- Comfortable touching other peoples' trash
- Willing to get messy
- Audible
- Able to stand in one place for a long time, possibly in the sun
- Able to wear gloves continuously

Dust Drivers/Haulers – These general help volunteers will be responsible for fetching, checking, and disposing of charcoal. They will also take the full bags of recycling, compost, and trash to the designated dumping area. At the end of the event they will need to handle the hot grills and scoop the coals into the designated metal barrel. Once the charcoal is disposed of, they will be the haulers for the cleanup, doing whatever is needed. They might be called on to break down tables and help get participants out of the area. They will also take turns monitoring the loading dock main dumping area. They can come to the event later than the other volunteers and should plan to stay late until xx pm. They should be:

- Strong and agile enough to lift heavy and hot items
- Able to stay late until the area is properly cleaned

**"ENORMOUSLY
ENTERTAINING!"**

*A moral, socio-economic odyssey
through the American food system.*

— THE BOSTON GLOBE

KING CORN

You Are What You Eat



KING CORN

Free Showing

Tuesday, June 22, 2010 at 6:30 p.m.
Cambridge Main Public Library Auditorium
449 Broadway

Sponsored by:

*Cambridge Renewable Energy Action Team (CREATE),
the Office of the Mayor and Vice Mayor, the Sierra Club-
Greater Boston Group and the Cambridge Energy Alliance,
this is Film #1 in an upcoming Environmental Film Series.
Film #2: July 29, 2010, Film #3: August 19, 2010,*

Refreshments will follow



Incredible Edible Gardens of Somerville: A Self-Guided Tour

Sunday, July 25, 2010

11 a.m.–5 p.m.

This year's Somerville garden tour celebrates the city's expanding community of food growers and their growing environments. Every version of the urban farm—from tiny rooftop gardens to expansive community plots—will be among the over two dozen public and private sites where fruits, vegetables, and herbs create a delicious medley. Gardeners will be present to share their experiences and demonstrate gardening tips and techniques.

Reserve Sunday, July 25, 11 a.m.–5 p.m., to visit these interesting and productive gardens.

Garden tour program booklet/ticket is \$10.00 and contains a map and description of the 31 gardens and the demonstrations that will be offered that day at different sites.

Advanced Ticket Sales: July 1–July 24

Pemberton Garden Center, 2225 Mass. Ave., Cambridge

Sherman Café, 257 Washington Street, Union Square, Somerville

True Grounds, 717 Broadway, Ball Square, Somerville

June 9 & July 14: Somerville Garden Club meetings

June 10: Doug Tallamy lecture, Cambridge Public Library, 449 Broadway, Cambridge

Day of Event Ticket Sales: Sunday, July 25, 10:30–4:00

Davis Square Statue Park, opposite the MBTA

Somerville Community Growing Center, 22 Vinal Ave., outside Union Square

To volunteer contact Lisa Dezmelyk, dez mellisa@yahoo.com, or Alan Schwartzman, alan_s@mit.edu

- Publicity, fundraising and advance ticket sales
- Day of tour:
 - Ticket sales and information tables
 - Balloon and name tag delivery
 - Photographing the gardens