



Grow Appalachia began in 2009 at Berea College, KY and is sponsored by John Paul DeJoria, CEO and co-founder of Paul Mitchell®. The main purpose of Grow Appalachia is to offer support to people in Appalachia to grow, preserve and sell their own food in order to eat locally and create a sustainable food production system. Benefits of the program include: healthy local food options; enhanced sense of community; resiliency and partnership through rediscovery of Appalachian heritage and knowledge; more personal income retained from not having to pay high costs of imported food; potential source of income from local farmers' markets and cooperative regional marketing; spreading of the knowledge and seeds of various ancient, heirloom varieties of different vegetables which were a critical part of the mountaineers' heritage but are now in danger of being lost.

The Grow Appalachia Project will provide support to 13 local family gardens this year. For more information call Renae at 304-653-4891, ext. 112. Applications will be accepted on a rolling basis, and we hope to have all 13 families selected by mid-February, so please mail, fax, or email this form a.s.a.p. to:

High Rocks
Attn: Renae
HC 64 Box 438
Hillsboro, WV 24946
Fax: 653-4860
renae@highrocks.org

You can also drop off your application at the Marlinton Library or the Hillsboro Library.

Family Garden Participant Application 2012

Name: _____

Address: _____

Phone #: _____

E-mail: _____

How would you prefer to be contacted? Phone Email Both

Please list the age and gender of each individual in your household:

Do you currently have a garden? Yes No
Why or why not?

If yes, how big was your garden last year? _____ ft. x _____ ft.

How long have you been growing food? _____

Have you ever marketed your produce? Yes No
If yes, where and how often?

What is your estimated land area that can be tilled and planted? ____ ft x ____ ft

Describe your gardening experience: _____

You will be required to volunteer in a nearby garden for a day, invite someone to volunteer in your own garden, and attend three workshops during the growing season. Please select the workshops that would be of most benefit to you and your garden.

- Soil health and diversity- compost and mulching
- How to Prune Fruit Trees
- Companion Planting, Crop Rotation/How to Grow a Healthy Organic Garden
- Healthy Cooking
- Canning
- Seed Saving
- Falls Crops
- Winter Cover Crops
- Integrated Pest Management- Organic approach
- Growing to sell- Marketing your produce

Do you already have any tools or materials?
If yes, what do you already have and how much? _____

You may be eligible for up to \$200.00 worth support to purchase tools and materials, please select which tools and materials would help you the most. (You may not get all you choose)

- | | | | |
|-------------------------------------|--------------------------------------|--|--|
| <input type="checkbox"/> Hoe | <input type="checkbox"/> Shovel | <input type="checkbox"/> Rake | <input type="checkbox"/> Soil Amendments |
| <input type="checkbox"/> Water Hose | <input type="checkbox"/> Rain Barrel | <input type="checkbox"/> Watering Supplies | <input type="checkbox"/> Mulch |
| <input type="checkbox"/> Fence | <input type="checkbox"/> Tillage | <input type="checkbox"/> Canning Supplies | <input type="checkbox"/> Seeds |
| <input type="checkbox"/> Raised bed | <input type="checkbox"/> Supplies | <input type="checkbox"/> Other-_____ | |

You may be eligible for \$50.00 worth of seeds; what would you like to grow in your garden? _____

List any physical conditions that limit your ability to grow food. _____

What is your career? _____

How many hours a week do you spend at work? _____

Are your family members able to help you in your garden? Yes No
Who will be helping you with your garden?

How often do you expect to tend your garden?

- Daily
- Bi-weekly
- Weekly
- Every other week
- Not often enough

What is your source of water? Is it reliable? _____

- Well
- Spring
- City plumbing
- Other _____

Have you participated in Grow Appalachia before? Yes No

If yes, do you have any comments to improve the program this year?

You will be required to attend an orientation meeting at the Hillsboro Library from 5:30-7 on February 23, 2012, three workshops during the growing season, and an End of the Year Meeting on November 15th, 2011. Can you commit to attending these five required events? Yes No