

## Overview of Activity

Planting a native garden is a great opportunity for your Meeting to learn more about the flora of your region, the importance of healthy soil, and help restore your native habitat. Take this chance to come together and put your hands in the dirt to create a beautiful garden that will support your local ecosystem, and your community! This activity is intergenerational, and folks of all bodily ability can participate in one way or another!



## How to Prepare

Below is a suggested list of materials your Meeting can purchase or thrift to support your native garden. To keep this activity accessible and earth-friendly, the materials rely on natural components and avoid synthetic plastics.

- **Planting supplies:**
  - 3" x 3" or 4" x 4" round biodegradable pots: Often made of packed moss, coconut pellets, even composted manure!
  - Soil (as needed): Visit a local garden supply shop and learn about local soil types, soil needed to support your growing garden, and locally made composted soil.
  - Seeds, or starter plants: The native plants you've researched and chosen for your garden
  - Access to fresh water and watering cans or a garden hose
  - Shovels
  - Garden clippers (optional, if you come across some tricky weeds while prepping your garden beds)
  - Gardening gloves (optional)
- **Crafting & Writing Supplies:**
  - Pencils & markers: For creating signs and labels for each plant
  - Small wooden stakes (choose a garden safe wood, and something local to your area.)



## Sample Schedule

Time	Segment	Description
10 AM - 10:30 AM	Gathering & Opening	Welcome participants. Begin with a brief silent worship or reflection on our testimonies. Divide into small groups based on assigned tasks (ex. sign prep, garden bed prep, seed planting.)
10:30 AM - 12 PM	Action	Groups spend time working on their assigned action. Some Friends prep the plant labels, drawing colorful signs, other Friends, get their hands in the dirt preparing the garden bed for planting. Another group of Friends organizes the seeds and gets them ready in their seed pots.
12 PM - 1 PM	Shared Potluck	Friends break for a shared meal, each item lovingly contributed by a participant. Time to rest and mingle while enjoying locally grow food.
1 PM - 2 PM	Final planting	Friends come together to plant the potted seeds into their prepared garden bed. Blessings and well wishes can be shared as you transfer the pots to the soil.
2 PM - 3 PM	Final Worship	This is a chance for participants to ground their action in worship, coming together in worshipful song, silence, or sharing.
3 PM - 4 PM	Clean-up & Closing	Participants clean up supplies and the work area, taking their time to care for the space and one another as the day comes to a close.

## Tips & Resources

### In preparation for the Day of Action:

- Take some time as a Meeting to research species native to your area, and how each seed you plant can nourish and support your natural ecosystem. Decide which seeds to purchase, and where you can buy from local farms, markets, etc.
- Buy supplies ahead of time, consider applying for a QEW Mini-grant if your Meeting is in need of additional assistance for your project.

### Resources:

- Homegrown National Park ([homegrownnationalpark.org](http://homegrownnationalpark.org)): This is a superb resource for understanding why native plants matter and building the native habitat restoration movement. **Add your meeting to the Homegrown National Park map!** (<https://map.homegrownnationalpark.org/>)
- National Wildlife Federation Native Plant Finder ([nwf.org/NativePlantFinder](http://nwf.org/NativePlantFinder)): Enter your zip code to find exactly which plants host the highest number of butterfly and moth caterpillars (the backbone of the local food web).
- Native West (<https://www.nativewest.com/guides/planning-plant-selection>) has a great guide to help you consider the needs and goals of you garden, and questions to ask about your landscape when planting a native garden.

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