

**Seeds of Change Program**

*A Northern Healthy Foods Initiative*

**Gardener Form / Report - Seeds of Change Program**

*Please submit the* **Gardener Form** *no later than:*

*Community: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Community Food Champion (****CFC****): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fax: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Select 1 (one): ☐ Free garden seeds -NACC to place order (**OR)** ☐Gardening subsidy/reimbursement with receipts

Name(s) of all people participating in the household\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant age(s): <18\_\_\_ 18-30\_\_\_31-50 \_\_\_\_ 50 + \_\_55+ \_\_\_60+\_\_\_65+\_\_\_\_

Mailing Address, Town & Postal Code**\***: **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Phone Number\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Size** of all existing garden(s)**\***: *(Example: 10’ X 10’= 100 ft2):*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**Size** of new gardens (if any):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
**# of** People I grow for (e.g. 3)\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
**#** of Youth (under 30-years-old) helping with the garden: \_\_\_\_\_\_\_# of Seniors (65 years +) helping with the garden:\_\_\_\_\_\_\_\_  
**Seed Order**: *Include type and quantity of seed packets.*

|  |  |
| --- | --- |
| Potatoes (Types) \_\_\_\_\_\_\_\_ X \_\_\_\_\_\_ | Lettuce X \_\_\_ |
| Radish X \_\_\_\_\_\_ | Kale X \_\_\_ |
| Onion bulbs X \_\_\_\_\_\_ | Celery X \_\_\_ |
| Garlic bulbs X \_\_\_\_\_\_ | Carrots X \_\_\_ |
| Green onion seeds X \_\_\_\_\_\_ | Parsnips X \_\_\_ |
| Tomato seeds X \_\_\_\_\_\_ | Beet X \_\_\_ |
| Beans (green /. yellow) X \_\_\_\_\_\_ | Corn X \_\_\_ |
| Cabbage X \_\_\_\_\_\_ | Peas X \_\_\_ |
| Cauliflower X \_\_\_\_\_\_ | Pumpkin X \_\_\_ |
| Cucumber (pickling X \_\_\_\_\_ slicing X \_\_\_\_ ) | Peppers X \_\_\_ |
| Turnip (summer X \_\_\_\_ / winter X \_\_\_\_ ) | Broccoli X \_\_\_ |
| Squash: Spaghetti X \_\_\_ Zucchini X \_\_\_ Butternut X \_\_\_ | |
| Dill X \_\_ Parsley X \_\_\_ Mint X \_\_\_ Sage X \_\_\_Chamomile X \_\_\_  Other: ie. Medicinal Plant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| Other seeds / supplies / support: (i.e. tilling, fertilizer) . IMPORTANT NOTE: FLOWERS ARE NOT ELIGIBLE | |

I wish to (Please check ☑ all that apply):

☐ Request a garden mentor or helper  
☐ Volunteer to be a gardening mentor.   
☐ Help to divide the seeds into envelopes for distribution  
☐ Subscribe to the NACC NHFI Newsletter

**By signing this Gardener Form, I agree to:**

- Prepare, plant, water, or arrange for care of my garden/berry/fruit trees

- Report my garden and fruit tree production to the CFC each fall

Signature\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Photo Permission Form:**

- Give permission for the use of the **photographs** taken of **me, or my children listed on this form,** by the partners of the Northern Healthy Foods Initiative for the purposes of publication, display or exhibition thereof for articles, promotions, websites and visual presentations and without payment or compensation to me.

I understand that these photos may be used to tell the story of northern Manitoba communities taking action and leading efforts to improve food security, community development, youth and senior engagement, and population health. **By signing this Photograph Release Form, I confirm that I am over 18 years of age and/or a guardian of the participant(s).** (OR Check here: ☐ for NO PHOTOS)

Signature\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 *Thank-you for participating in the Seeds of Change Program. Contact your local Community Food Champion for more information, and gardening resources.*

**End of Season Report** (Please submit with 5photos to your CFC):

Approximate pounds (Lbs) vegetables produced: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Approximate pounds (Lbs) fruit/berries produced: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fruit & berry trees (list quantity, type and year planted):  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Thank-you for participating in the Seeds of Change Program!*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_