

2017 COMMUNITY GARDEN

Maple Park East and Irene Habernickel Family Park
Ridgewood Parks and Recreation Department
259 North Maple Avenue, Ridgewood, NJ
Tel: 201-670-5560

The Ridgewood Parks and Recreation Department invites you to join the Community Garden Program located in Maple Park East and the Irene Habernickel Family Park.



The garden program is open to all residents of the Village. Returning participants may renew on a first-come, first-serve basis through April, 2017. Wait list applicants will be notified of available plots afterward. The registration fee for each 10' x 12' parcel is \$ 50.00.

One garden site is located in Maple Park East, east of the HoHoKus Brook and south of Meadowbrook Avenue. Parking is available on the Public Service right-of-way, in the Stable parking area, or along Meadowbrook Avenue. The other site is located near the playground at the Irene Habernickel Family Park, with parking in the designated parking lot. Both sites offer water and/or storage area for tools.



Gardeners are welcome to plant flowers, vegetables, and herbs, and may begin planting on May 13, 2017. Each participant is responsible for the upkeep of their parcel throughout the season which attributes to the overall condition of the entire Community Garden site. While gardeners are asked to provide their own tools, plants and individual fencing; wood chips for pathways and the outside perimeter area will be made available through the Parks and Recreation Department.

A fellowship with neighboring gardeners will be held on Thursday, May 11, 2017 at 5:00 p.m. at the Stable. At that time, a brief meeting will include an overview of the Community Garden Program, assignment of garden plots, maintenance requirements, garden clean-up, and planting of annuals.

A completed registration form with your check payable: to Ridgewood Parks and Recreation should be forwarded to The Stable, 259 North Maple Avenue, Ridgewood, NJ 07450. For further information, please contact the Recreation Office at 201-670-5560 or on line www.ridgewood.net

2017 Community Garden

Registration by mail or in person:
The Stable, 259 North Maple Avenue, Ridgewood, NJ 07450
Please make checks payable to Ridgewood Parks and Recreation

Family Name _____ Telephone _____
Individual Names _____
Address _____ Emergency _____
Email _____ \$50.00 check # _____

Do you wish to keep the same garden plot as last year? _____ Maple Park _____ Habernickel Park _____

I, the participant, assume all risks and hazards incidental to participation in the above Recreation activity. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Signature of Participant _____

PRESS RELEASE
(For Immediate Release)

A Healthy Lifestyle in Ridgewood with Community Gardens

The Ridgewood Department of Parks & Recreation is again offering to its residents the opportunity to participate in a unique, healthy lifestyle and horticultural opportunity. Resident gardeners are invited to participate in the Community Gardening program. This program welcomes gardeners to obtain a parcel of land and plant vegetables, flowers and herbs. Gardening will commence on Saturday May 14th and continues through the planting season, concluding with the frost in early November.

Two locations are available to gardeners this year. First is the former the home of the Lester Stable farm, the Community Garden site is located in Maple Park East, between Meadowbrook Ave. and the HoHoKus Brook. This virgin soil is rich in compost material and provides an excellent medium for growing. Vegetable, herbs and flowers abound in this garden facility, filled with creativity and community involvement. A second site is located adjacent to the playground at the Irene Habernickel Family Park. Within its fenced boundary; there are individual plots, each measuring 10'x 12' in diameter.

Gardeners are responsible for the planting, mulching, weeding, watering and harvesting of their assigned area. Be sure to visit the Recreation site on the Village website www.ridgewoodnj.net for additional programs offered on composting, gardening, reforestation, nature walks, other healthy lifestyle choices. Registration is available at \$50.00 per plot. Storage of garden tools is available in the dedicated tool shed, along with wheel barrow, fencing and other gardening tools.

Chris Raimondi, president of the Raimondi Horticultural Group, professor at Bergen Community College will present a program: "Workshop: Gardening 101" for all local gardeners. This special gardening opportunity is slated to be held on Thursday evening, May 11th at 5:00 pm, 259 N. Maple Ave., Ridgewood. Registration is required, space is limited.

For further information contact the Recreation office at 201-670-5560 weekdays between the hours 9:00am and 4:00pm or visit The Stable, 259 N. Maple Avenue.

RUTGERS COOPERATIVE EXTENSION

NEW JERSEY AGRICULTURAL EXPERIMENT STATION

Community Gardening

I.C. Patel, Ph.D.

*Department Head and Agricultural Agent
Essex County*

The importance of plants and gardens in our environment has gained increased attention in the past 30 years. People have formally recognized the socioeconomic value of establishing one's own garden. Community gardens are neighborhood open spaces managed by and for the members of the community. Most typically, the community garden is divided into individual plots and planted with vegetables by landless gardeners. Some families even share plots.

Community gardening is an educational process for changing the minds and actions of people in such ways that they "help themselves" attain economic and social well-being. Within the context of the National Initiative of "Improving Nutrition, Diet, and Health," community gardening can play an important role in producing fresh and nutritious food close to the home at a much reduced cost to the individuals and families.

Community gardening is a multivalued, multipurpose activity. It is a foundation for community development. It builds and rejuvenates neighborhoods and develops human capital. It contributes to community pride, leading to improved litter control. It provides a sense of self-pride and self-worth to people who produce food on their own and for themselves. Perhaps the most significant benefit of community gardening is providing a piece of land for people to call their own, at least for a season, for those who own no land.

Community gardening is a way for families and neighbors to grow together. Gardens provide

immediate health benefits of clean air, less noise, and reduced eye strain. Gardening is used for therapy and rehabilitation of individuals with physical, mental or social disabilities. Gardening helps keep people young and a part of the community.

Publicity is a big boost for a garden project. It helps improve public relations and builds support from other organizations, corporations, businesses, and government bodies. Community gardening makes good relations better. It brings people together in a context that enriches the group and leads to future positive interaction.

Community gardening helps lower the crime rate. With many gardens in the area and many neighbors spending time in gardens, the crime rate goes down.

The community gardens that are blooming in many cities of the United States are actually a new variation of an old idea. City people have created gardens before, but always as short-lived responses to emergencies. Wars and bad economic times have driven city residents to try growing their own food, but when the troubled years ended, their gardens were abandoned.

The first organized city gardening program was started by the City of Detroit in 1893, when the country was in an economic depression. Mayor Pingree offered city residents the chance to grow some of their own food on city-owned vacant lots. Omaha, Baltimore, New York, Philadelphia, and Chicago were among other cities that thought well

Ridgewood Parks and Recreation

2017 Community Gardens



Workshop: Gardening 101:

An introduction to the basics in gardening, presented by: Chris Ramondi, President Ramondi Horticultural Group, Inc.

Thursday, May 11th - 5:00 pm

The Stable, 259 N. Maple Ave. Ridgewood

Chris Raimondi is a Certified Landscape Professional and President of Ramondi Horticultural Group, Inc.(RHG). He is a Professor at Bergen Community College where he serves on the Horticultural Advisory Board. Chris also teaches horticulture at both the New York and New Jersey Botanical Gardens and is a member of numerous industry organizations.

He will present a brief overview of the basics in gardening including such topics as: the importance of proper soil preparation, planting techniques, the use of mulch, weeding & maintenance and so much more. A question and answer session will follow.

We are grateful to Mr. Raimondi for generously donating his time and expertise.

\$ 10.00 Donation is suggested : Ridgewood Parks and Recreation

Pre-registration for Workshop is Required

Workshop - Gardening 101

Ridgewood Parks and Recreation

Register in person or by mail: The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450.

Any questions call the Recreation Department (201) 670- 5560.

Name _____ Telephone _____

Address _____ Donation \$ _____

Email _____ Emergency Telephone _____

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Signature of Participant _____