

# **RISE** THE RENO INITIATIVE

FOR SHELTER AND EQUALITY

A 501(c)(3) Nonprofit Organization  
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## THE RENO INITIATIVE THERAPY GARDEN PROPOSAL

### **Background:**

The Reno Initiative for Shelter and Equality is a 501(c)(3) nonprofit organization based in Reno, Nevada. In 2012, we established the RISE and Dine project in which we cook, transport, and serve over 250 meals to those less fortunate in the Reno/Sparks area. Within the last two years, the project has more than doubled in size and our volunteer list has grown to over 300.

With the growing success of the RISE and Dine project coupled with its associated costs, RISE is seeking to subsidize its food/produce expenses by installing and maintaining a vegetable garden at a group home designed for disabled people who would otherwise be homeless.

### **Goal:**

Install a therapy garden at the Rivendel Independent Living (see appendix 1) to grow food for the RISE and Dine project.

### **Project Narrative:**

Along with growing fresh, organic produce to help subsidize the costs of the RISE and Dine project, we hope to instill a greater sense of dignity and humility for the residents of Rivendel. By recruiting the residents to perform the installation and maintenance of the garden, we hope to foster a greater sense of independence and self-reliance through the use of service-learning techniques.

### **Action Plan:**

- Gather all the supplies needed to install a keyhole garden and develop a floor plan for installation (see appendix 2).
- Develop a watering schedule for the residents of Rivendel.
- Perform routine maintenance of crops as required.

### **Budget:**

| <u>Supplies</u>                          | <u>Estimated Cost</u> |
|--|-----------------------|
| 225 4' x 12' Concrete garden wall blocks | \$418.50              |
| 8 5+ Gallon garden planter containers    | \$19.00               |
| 4 Yards of soil or compost               | \$192.00              |
| 7 <a href="#">Feet of chicken wire</a>   | \$66.97               |
| 1 Bale of Hay                            | \$15.50               |

We are seeking the donation of the above garden supplies or funding in the amount of \$711.97 to purchase the materials needed to complete the project.

## APPENDIX

### Reference 1:

Rivendel Independent Living, Inc. (RILI) has operated independent living communities since 2000. Through an array of diverse and innovative service styles, RILI has served over 500 adults with varying levels of mental disabilities. <http://rivendelinc.com/>

### Reference 2:

#### Key Hole Garden Steps

1. Measure a 8-foot diameter circle to define the inside wall of your garden.
2. Notch the circle (like cutting a wedge of pie) so you can access the basket at the center.
3. Construct the exterior wall about 3 feet high using rocks, metal, timbers or any material that can support the weight of wet soil.
4. Use wire mesh to create a tube about 2 foot in diameter and about 4 feet high. Stand the tube in the center of the circle.
5. Line the outer walls with cardboard and fill the garden area (but not the wire mesh tube in the center), with layers of compostable materials, wetting it down as you go. Fill the last few inches with compost or potting soil. The soil should slope from a high point at the top of the center basket downward to the edges of the garden.
6. Fill the center basket with alternating layers of compostable material, along with layers of kitchen scraps and herbaceous weeds that provide the plants with moisture and nutrients.
7. Water the center basket and the garden only when the plants will not survive without it. This forces the plants' roots down toward the center basket.
8. Feed the garden by adding more kitchen scraps, lawn clippings, etc., to the center basket.
9. Consider arching a framework of thin wires over the garden. During the hottest months, the wires can support a shade cloth, and in winter, plastic sheeting creates an instant greenhouse.
10. Enjoy the fruits (and vegetables!) of your labor.

