



**REEL GARDENING
VOLUNTEER**

TRAINING MANUAL

BY HOURS 2 IMPACT

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INTRODUCTION

FOREWORD

Congratulations and thank you for making the decision to use this Hours 2 Impact Platform to become a Reel Gardening Volunteer Trainer!

Together, you and Reel Gardening will be able to reach many people in need; bringing the joy of growing your own food and the knowledge and confidence to do so successfully.

Through completing this programme you will learn everything you need to know to start working with beneficiary partners in need of a food garden; from how to physically create a garden to making organic fertilisers and pesticides.

School or community food gardens not only make fresh, nutritious food accessible, they create entrepreneurial opportunities, serve as teaching tools, provide community building exercises and instill a sense of pride in the people caring for it.

While tending a small vegetable garden used to be the norm, this treasured activity has diminished. Valuable generational knowledge was fallen away as grandparents no longer teach their grandchildren to work in the garden. It is time to reintroduce this knowledge, and with it the passion and pleasure gained by growing your own food.

This programme will equip you with a needed and valued skill that you can pass on to others. By working in the garden, alongside people outside of your immediate circle, you will not only be helping the projects in need, but enriching yourself as well.

We hope you enjoy the programme as much as we enjoyed creating it!

HOW TO USE THIS MANUAL:

This manual is designed as an accompaniment to the videos you will watch on the Hours 2 Impact Platform as well as the Reel Easy Guide to Growing. Together, this manual, the guide and the videos will teach you everything you need to know to be able to co-ordinate a volunteer project, create small or large Reel Gardening vegetable gardens and teach people how to maintain those gardens in natural, economical ways.

This Manual was created as a supporting document to the videos and cannot be used independently for the purposes of becoming a Reel Gardening Volunteer Trainer.

By utilising this Manual in conjunction with the videos you will learn everything you need to know to complete the final test on the Hours 2 Impact Platform. Once you have passed the test, you will qualify as a recognised Reel Gardening Volunteer Trainer and receive a personalised certificate.

This Manual contains a number of checklists and templates. The checklists should be printed and taken with you to any garden projects you may undertake. They will assist you in keeping track of what elements of the training you have covered and what still needs to be done. The templates are designed to help you and your beneficiary partners manage the project effectively. You may print the templates and use them as is, or use them as a guide to create your own documents.

The rest of the Manual may be downloaded for offline access. It may be printed or used as a soft copy. The tests and tutorials will be online, on the Hours 2 Impact platform.

This Manual has been created by Hours 2 Impact in conjunction with Reel Gardening. All information is drawn from the Reel Gardening Training Programme that has been utilised for over 8 years and across hundreds of school and community gardening projects.

ABOUT REEL GARDENING:

Reel Gardening is a South African Social Enterprise striving to get more people growing. Reel Gardening makes starting a vegetable garden as simple, quick and fun as possible, enabling anyone to experience the simple joy of growing fresh, nutritious food for themselves and their families.

In this fast-paced, screen-obsessed, immediate-gratification world, it is easy to become disconnected from nature and from where our food comes from. We can buy almost any fruits and vegetables, at any time of the year, from our local supermarkets. And these vegetables will probably look picture perfect. This is unrealistic and has skewed our understanding of what real, nutritious, natural food is.

We believe that by growing your own food, whether in some pots on the windowsill, a small patch in the garden or at a local school, you learn to eat locally and seasonally, respect vegetables that are strangely shaped or off-coloured and appreciate natural, non-GMO food grown without harmful pesticides.

Reel Gardening's vision is to get everyone growing their own food; regardless of age, space available or gardening knowledge.

It is in pursuit of this vision that Reel Gardening manufactures a patented, biodegradable seed tape that removes all confusion from the planting process. The unique product design enables anyone, from the expert gardener to young children, to start their own gardens.

All of our products, from the 1 and 2m² Gardens in a Box, our Kids Get Growing Boxes, School and Community Gardens, and Grow Pods to our guides, workbooks and App, are designed to support you on your journey to starting a garden.

HOW REEL GARDENING WAS INVENTED:

The Reel Gardening Seed Tape was invented by Reel Gardening Founder and CEO, Claire Reid when she was in high school. Claire was challenged by her parents to grow vegetables in their small back garden of their home in Johannesburg, South Africa. She planned to sell the vegetables she grew back to her family in exchange for extra pocket money. It sounded easy enough.

The process was much harder than Claire thought it would be. She had to do a lot of research to figure out which seeds she could plant at that specific time of the year. Once she had prepared her soil, she had trouble getting the small seeds to stay in the ground at the correct depth and distance apart. She realised she needed help and ask her family's helper, Meggie, to come and give her a hand.

Meggie told Claire that she would help as best she could but she wasn't a very good gardener. Meggie had previously tried to grow her own vegetable garden. She had simply sprinkled the seeds on top of the soil, the way she saw other people in her community planting. Unfortunately, many of the seeds blew away or were eaten by birds. Meggie didn't have access to municipal water and therefore had to walk far to collect water in a bucket. She then used this precious water on her vegetable garden. But the water moved the seeds into one corner of the garden. When the plants started to grow they were crowded. Meggie was also a new grower and didn't know the difference between a small weed and a small vegetable plant. So she had to wait, watering and caring for all the plants until they were big enough to tell the difference. By the time she realised which were her vegetables, she saw that she had mostly been caring for weeds.

The whole process of starting and caring for a vegetable garden was very disappointing and Meggie never tried to start a garden again. **As young Claire listened to Meggie's story, and thought about her own experience of trying to start a garden, she decided she needed to create something that would make starting a garden easy, quick and fun. The result was Reel Gardening Seed Tape.**

A PATENTED PRODUCT:

The Reel Gardening Seed Tape is a patented product. That means that only Reel Gardening has the rights to produce our plantable, paper tape that holds seeds at the correct distance apart and anchors seeds at the correct depth. We went through a legal process to ensure that we own the idea and no one else can make seed tape like ours.

Reel Gardening also owns the concept of a 'Garden in a Box' and 'The Planting Revolution'. Reel Gardening provides planting solutions that include almost everything you need to start a vegetable garden; a complete 'Garden in a Box'. Through all Reel Gardening products, we are trying to make vegetable gardening easy enough that anyone can do it. We are starting The Planting Revolution. No other companies are allowed to use these terms.

ABOUT HOURS 2 IMPACT:



Hours 2 Impact is a digital training platform that disseminates the invaluable knowledge contained within social impact organisations to far-reaching audiences through curated, simple, fun, online courses. Hours 2 Impact helps these organisations have a social impact in communities and households beyond their existing networks, thereby scaling their social footprint and benefitting countless more people.

The Hours 2 Impact platform works with organisations to curate unique, comprehensive online courses to teach anyone how to create the particular social impact the organisation strives for, both for themselves and for their communities. These courses can be targeted at any active citizen who wants to learn about the work of the organisation or crafted especially for volunteers.

The Hours 2 Impact online volunteer training programmes transform the hours that people are already volunteering into hours spent making a real impact. This platform equips volunteers with the skills they need to meet the most pressing needs of the organisation, without requiring the organisation to spend valuable time teaching the volunteers how to help.

Volunteers can be trained remotely, at a time and location that is convenient for them. The Platform will not only train the volunteers but will also test them to ensure that they have understood and internalised the training completely. Each course can be as comprehensive or as simple as the organisation feels they need.

Hours 2 Impact believes that if active citizens are empowered and up-skilled to meaningfully contribute towards projects on the ground that excite them, our collective social impact is far more sustainable and scalable than if those skills were locked away in organisations.

VOCABULARY :

Biodegradable:	capable of being broken down or decomposed through the actions of living organisms or other biological means so as not to produce pollution
BOGO (Buy One Give One):	a business model in which for every product sold, one is donated to people in need
CAPS Curriculum:	the National Curriculum and Assessment Policy Statement (CAPS) is a single policy document for all the subjects listed in the National Curriculum for Grades R to 12
Decompose:	to become rotten and decay
Germinate:	a seed begins to grow and sprouts a shoot and a root
Harvest:	the activity of gathering crops
Non-GMO:	not a Genetically Modified Organism (GMO). A GMO is a plant, animal, or any other organism whose genetic make-up has been altered in a laboratory through genetic engineering techniques
Patent:	an official legal right granted to a person or company to make, use and sell it's invention, and to exclude others from doing so
Quadrant:	any of the 4 regions into which an area or plane is divided by an X and a Y axis
Social Enterprise:	either a for-profit or non-profit organisation that applies commercial strategies to maximise financial, social and environmental positive impact
Subsistence:	a state of having the minimal resources necessary for survival, but no more
Seasonality:	a predictable pattern in time that recurs and repeats over a one year period. Seasonality of food refers to the times of the year when a particular food is ripe. At this time the food is usually at its best nutritionally and its most tasty
Sustainability:	the idea that goods and services should be produced in ways that do not use resources that cannot be replaced and that do not damage the environment
Volunteer:	to offer to do work without being paid

WORKING WITH BENEFICIARY PARTNERS

WHAT IS A 'BENEFICIARY PARTNER'?

The word 'beneficiary' is a loaded term that denotes an inherent power dynamic: someone is a giver, and therefore in a position of power; and someone is a receiver and is not in a position of power. Reel Gardening feels that this power dynamic, as implied by the term 'beneficiary', is not representative of the type of projects we are involved in.

A Reel Gardening Project is a joint venture in which a number of parties work together to create their shared vision of a vegetable garden. While one party may be donating skills and resources to make this vision a reality, all parties are contributing time and effort. We believe that everyone has something to give to the project and we expect all parties to contribute what they can.

To represent a more equal power dynamic in which all parties' efforts are recognised and appreciated, we prefer to use the term 'beneficiary partner'. Together with your new partner, you will be able to craft a project that meets both of your needs and expectations.

THE REEL GARDENING ETHOS:

By becoming a Reel Gardening Volunteer and interacting with various people within that capacity, you will be expected to conduct yourself in a manner that represents Reel Gardening's ethos. We always conduct our projects in a way that allows every person to walk away from the experience feeling:

- **RESPECTED:** Whilst engaging with people as a Reel Gardening volunteer, it is your responsibility to make them feel respected. Be respectful of people's time by being punctual. Listen to other's opinions. Be polite and gracious.
- **EMPOWERED:** Everyone you interact with should be left feeling confident in their new abilities. They should feel agency to take control of this garden project.
- **INCLUDED:** All parties need to be included in all stages of this project, from the early planning stages right through to harvesting. It is your responsibility to consult your partners at every step and make sure that your visions are aligned. By prioritising inclusion, everyone is able to take equal ownership of the project.
- **CAPABLE:** You should conduct your training in such a way that everyone knows what they need to do in the garden going forward.

A Reel Gardening Volunteer should be kind, patient and understanding. When working with groups of people, things are bound to go wrong. Tackle these misunderstandings with patience and a can-do attitude.

You must be responsible and reliable. It is completely unacceptable to Reel Gardening to have our volunteers making promises to beneficiary partners that they don't keep. If you make a commitment to meet at a certain place at a certain time, or to supply certain products, you must do so. Disappointing your beneficiary partners by being unreliable is not an option. This relationship should be your priority.

Reel Gardening may conduct independent conversations with your beneficiary partners to ensure that you are conducting yourself in line with our ethos. **If you are bringing the name of Reel Gardening into disrepute through inappropriate behavior, we will remove you from our list of recognised Reel Gardening Volunteers.**

IS YOUR SELECTED BENEFICIARY PARTNER THE RIGHT FIT?

You will need to schedule a meeting with a beneficiary partner you think you want to work with on a garden project. During this meeting you will need to ask questions to find out whether you and this partner are going to be a good fit, whether the location is suitable and whether the beneficiary partner has the capacity to make the project a success. See the downloadable **Suitability Checklist** for all topics you will need to cover during this conversation. You can print this checklist out and take it with you to the meeting to ensure that you address all points.

MANAGING EXPECTATIONS

Misaligned expectations from a project can cause a lot of disappointment. It is very easy to avoid this situation by having a comprehensive and honest conversation at the start of the project with your partners. During this conversation, you will need to determine what your partner expects from the project and align this with your expectations from the project. Consult the **Managing Expectations Checklist** as a guideline for the types of topics you will need to address during this conversation.

LOGISTICS:

When organising the project, here are a few tips to help the process run smoothly:

- 1) Confirm any appointments with your partner numerous times, including on the morning of the meeting.
- 2) Use phone calls and simple text messages to communicate with clarity.
- 3) Get a number of alternative contact details for your partner.
- 4) Don't rely on Google Maps to find the location, especially in outlying areas and informal settlements. Get clear directions from your partner beforehand.
- 5) If you are having anything delivered directly to the location, make sure this happens a couple of days before your planned visit.
- 6) If you are providing food, be cognisant of the fact that not everyone likes the same kind of food. It may be easiest to ask your partner to organise food from a local favourite restaurant on your behalf. You can specify an amount you are willing to spend per person.

PROJECT ETIQUETTE:

In order to make sure that your project runs smoothly and with respect, please abide by the following:

- 1) **Ask for permission before taking any photo's!** Make sure that everyone you want to photograph is happy to have their picture taken and is happy for you to use that picture, either in an internal report or social media. Don't ever take pictures of children unless their parents are present and give consent.
- 2) If everyone is not comfortable with the language you plan to conduct the training in, ask the group for help with translation. There is no point in conducting a training in which only half the group can understand you.
- 3) Maintain contact with your beneficiary partner to address any small challenges that arise before they become big problems.

MANAGING A TEAM TO SET UP A GARDEN

This section of the Training Manual has been split into 2: Large Gardens and Grow Pod Gardens. Different Reel Gardening products will be used to create the different types of gardens. The type of garden appropriate for your partner will depend on the space you have available and the purpose of the garden. To learn more about the products Reel Gardening has to offer watch the 'Introduction To Reel Gardening Products' video and read pages x-z of this manual.

PART 1: LARGE GARDENS

The 'Managing A Team To Set Up A Garden' video will focus on creating a large garden. The following information will supplement what you learn in the video.



BEFORE ARRIVING:

Before arriving on the day, you will need to confirm the following:

a) What is the state of the garden area you are going to be planting?

If the ground has not been planted in before, and is very hard, you can ask your partner to soak the area. This will soften the ground.

b) How many people are you going to be working with?

How many people are you bringing with you? How many people will be present from your partner's side?

If you are preparing a piece of land that has never been planted in before you will need no less than 5 people to prepare the soil.

If you are providing training, request no less than 2 people. If someone falls sick or moves away, the other person will be able to pass the information on to another person.

c) You will need some basic tools to create your vegetable garden. These are:

Picks:



A pick is a heavy hand tool that is used to break up hard ground by swinging it over head and driving the hard metal point into the ground. The head is usually slightly curved and ends in a sharp point.

Forks:



A garden fork is used for loosening, lifting and turning the soil in the garden. The individual, sturdy tines of the fork allow it to slide easily into the soil.

Spades:



In the garden we typically make use of a flat edged spade, rather than a shovel which has more of a curved blade. The space is used for digging pathways in the garden and moving soil as well as removing weeds and rubble.

Rakes:



In the creation of your vegetable garden you will need a sturdy tooth rake as opposed to the more flimsy 'leaf rake'. A leaf rake is designed to rake up leaves. But we need a tooth rake to flatten our planting beds and remove large stones and old roots from the soil.

Watering Cans/ Hosepipes:



The garden is going to need to be watered quite extensively after it has first been planted. You can use a watering can or a hosepipe when caring for your garden.

Consult the **Garden Training and Project Implementation Checklist** to make sure that you have everything you need on the day.

PART 2: GROW POD GARDENS

Whilst the training videos and previous section extensively document the process of coordinating a team to prepare your soil, creating your planting beds and planting a large garden directly in the soil, many people will be donating and planting Grow Pod Gardens with their beneficiary partners. Follow these steps to adapt the information in the videos for managing a team to set up a Grow Pod Garden.



BEFORE ARRIVING:

a) Preparing the Area

You are going to need soil to fill your Reel Gardening Grow Pods. Before you arrive for the planting day, determine what soil you are going to use. The amount of soil you need is determined by how many Grow Pods you plan to plant.

One Grow Pod requires three to four 20kg bags of soil or three to four full wheel barrow loads. The Grow Pod can be filled with a bought potting soil, soil from the ground or a mixture. If it is possible within your budget, it is favorable to use a mixture of soil and compost. You can use approximately one part compost to three parts soil.



If the location of the new garden does not have ground soil available or the soil is of a very poor quality, you will need to supply soil. Make the arrangements to have this delivered beforehand or bring it with you on the day.

If you plan to make use of ground soil at the location, this soil will need to be prepared on the day. If the soil has never been planted in before it is likely to be very hard. Ask your partner to soak the area with water before you arrive to make the soil easier to prepare for filling your Grow Pods.

Your Grow Pods will need to be placed on a clean, flat surface. Before you arrive, ask your beneficiary to clean the area that you plan to plant the Grow Pods in by removing any litter, large rocks or stones or mowing long grass. This will ensure that the Grow Pods sit flat once planted.

b) How many people are you going to be working with?

Planting a few Grow Pods will take less time than preparing the soil and planting a large vegetable garden. When arranging your volunteering day, bear in mind that one Grow Pod will take one person about 30 minutes to plant. If you are planning to plant one or two Grow Pods, using bought soil and not loosening hard ground soil for use in the Grow Pods, it does not make sense to arrange for more than a few people to be present.

However, whilst the planting may be different the training process will remain largely the same. As such, you may only plan to plant a few Grow Pods, but you still want to provide training to a larger group who can use the skills to start a larger garden at a later stage. In this situation, you will need to decide how many people you think is appropriate and confirm this with your beneficiary partner before arriving on the day.



c) Tools:

If you are making use of bought soil in your Grow Pods you will only need a spade for filling the Pods with soil and a hand spade for digging your furrows.

However, if you are using ground soil that needs to be loosened, you will need the same tools that are required for a large vegetable garden:

- Pick
- Fork
- Spade
- Rake
- Watering Can/ Hosepipe

GETTING STARTED:

Just as you would for a large garden project, start the day with a round of introductions to create group unity. Follow the same process as outlined in the videos. Team cohesion is important regardless of the size of the garden you will be creating.

PREPARING THE SOIL AND PLANTING:

If you will be planting with ground soil, you may need to prepare this soil for use. The amount of soil you need to prepare will be determined by how many Grow Pods you need to fill. If you are planting more than 7 Grow Pods you will need to prepare a fairly large area.

By the time the soil is used to fill the Grow Pod it should be soft and silky to the touch with all rocks, debris and old roots removed. To get the soil to this state you will need to follow the Soil Preparation Instructions in the videos. The basic steps of soil preparation you need to follow include:

- **Break the hard soil with Picks**
- **Break up the pieces of soil with forks and rakes**
- **Remove all hard debris**

You will need to complete this soil preparation process before returning to the shade to explain the Grow Pods.

If you are planting with bought soil, you will skip this process of soil preparation and go straight on to the discussion.

DISCUSSION:

At this point, return to the shade to discuss the next steps. During this conversation, make reference to:

- **Choosing a location for the Grow Pods (the same elements need to be considered as when choosing a location for a larger garden)**
- **The difference between compost and fertiliser**
- **Explanation of Reel Gardening Seed Tape**
- **Explanation of the Reel Gardening Grow Pods**

PLANTING:

You will now be able to co-ordinate the group to plant out the Grow Pods. Watch the video listed on page 20 in this workbook, or below the main 'Bed Preparation and Planting' video on the Hours 2 Impact Platform.

- 1) Place the Grow Pods in the location in which they are going to stay permanently. They will be too heavy to move later on.
- 2) Fill the Grow Pods with soil and compost (if applicable).
- 3) Mix in one 500g Reel Gardening Soil Food or the organic fertiliser of your choice.
- 4) Flatten the surface of the Grow Pod and shake the bag until it forms a neat circular shape.
- 5) Apply the Weed Guard.
- 6) Plant the Seed Tape.
- 7) Water.

GARDEN CARE AND MAINTENANCE:

The basic elements of training as included in the **Training Checklist** will be applicable for Grow Pod Gardens. Follow the training guidelines as explained in the videos.

GARDEN CARE AND MAINTENANCE

You have now come to the end of Section A, the Volunteering Training Manual, and will now need to refer to Section B, the Reel Easy Guide To Growing, to access additional information about the theory of caring for your garden.

The Reel Easy Guide To Growing contains a wealth of information on natural, economical gardening practices that will enable your beneficiary partner to look after their garden in the months after it has been planted. You will receive a Guide with every 200m² Garden in a Box, Grow Pod or Learn and Grow Kit, that should be left with your beneficiary partner after training so that they can consult it for help whenever necessary. You can also buy these Guides separately from Reel Gardening.

When planning the schedule for your training day you will need to determine how much of this content you will be able to get through and whether you will be able to return to cover the parts of the training you skipped out.

Gather everyone together in the shade and make sure that everyone can see you. If your group is small enough you can use the images in the Reel Easy Guide to Growing as visual aids during your training. Alternatively, if these images are too small, you can download and print out the images in the 'Garden Care and Maintenance: Part 1' section of the programme. These images will help you when explaining some of the gardening theory.

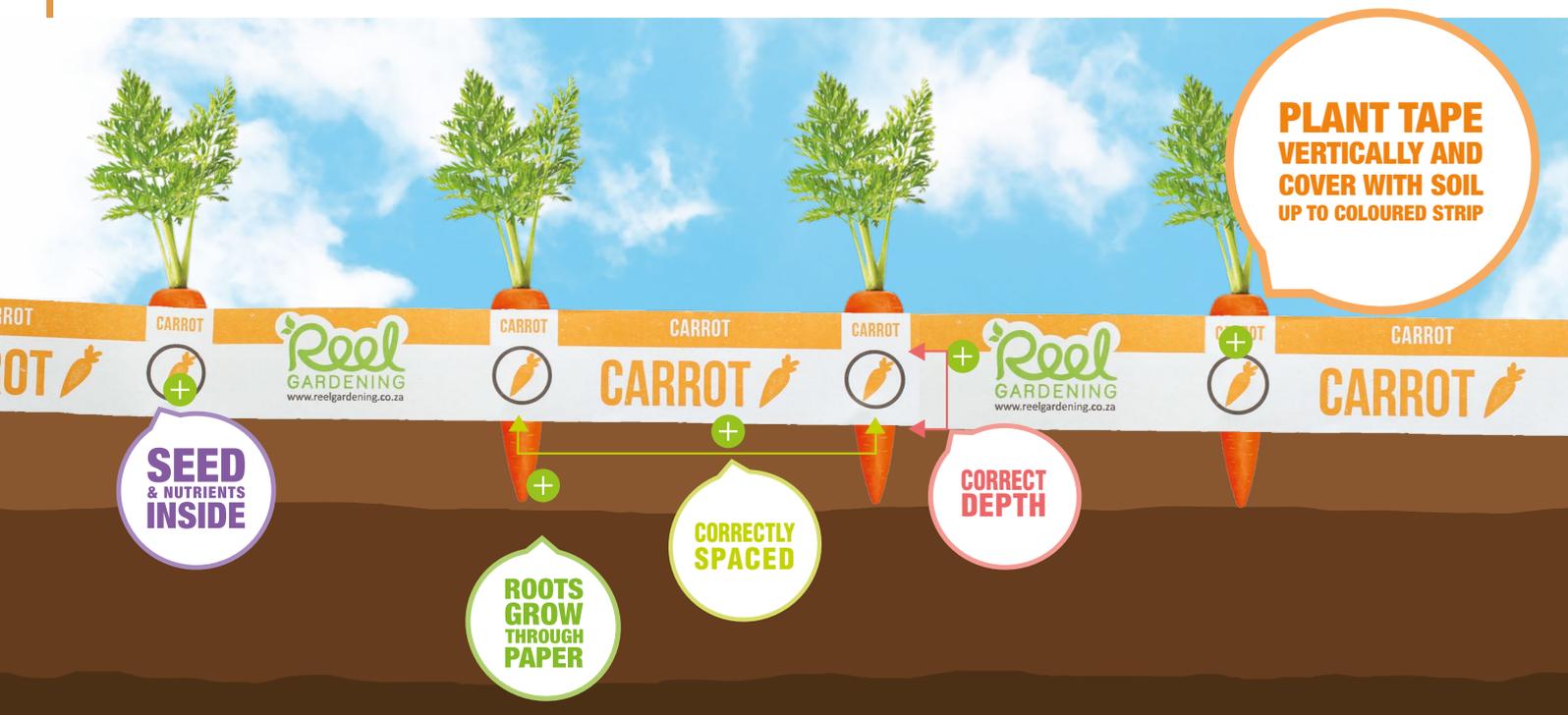


REEL GARDENING PRODUCTS

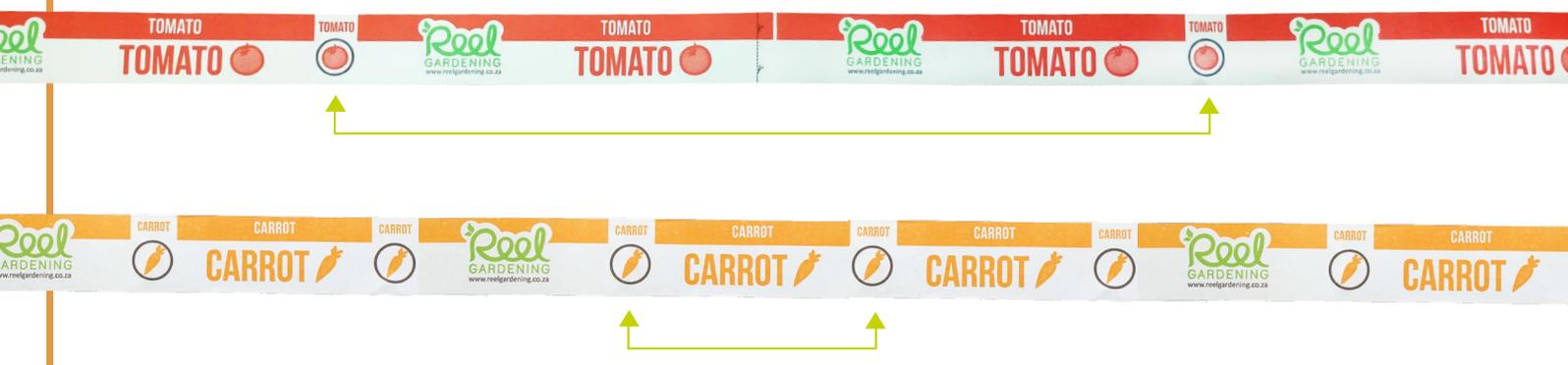
All Reel Gardening products are designed to make starting a small herb and/or vegetable garden as quick, simple and fun as possible. From our small windowsill Gardens in a Box, to our large 200m² gardens and even our raised Grow Pod Gardens, every Reel Gardening Product contains our unique seed tape.

SEED TAPE:

WHAT IS IT?



Reel Gardening manufactures a patented, biodegradable, plantable seed tape. This tape is made from a biodegradable paper and holds vegetable and herb seeds at the correct distance apart and anchors them at the correct depth for the plant variety. This means that the smaller the plant will grow to be, the closer the seeds are held together in the paper tape. For example, carrot seeds are held much closer together than tomato seeds because carrots are much smaller plants than tomato plants.



Each seed tape has a coloured strip at the top and a white strip at the bottom. By planting the seed tape vertically so that the white part is buried and the coloured band is sticking up out of the soil, your seeds are being held at the correct depth. The coloured strip is different widths for different plants. If the plant variety prefers its seeds to be planted deeper in the soil to germinate, the coloured strip will be smaller. Conversely, if the seed prefers to be shallower in the soil for optimum germination, then the coloured strip will be wider. For example, a butternut seed prefers to be buried deeper in the soil. As such, the coloured band on the butternut seed tape is thinner. Whereas a lettuce seed likes to be buried shallower and therefore the coloured band is wider.



The tape is hand-made, in our workshop in Johannesburg, by previously unemployed mothers in a process that uses no water or electricity. As a social enterprise we are passionate about having a positive social and environmental impact at all levels of our business. The more we sell, the more women we can employ.



HOW DOES IT WORK?

To plant the seed tape, make a furrow in the garden and plant the tape vertically so that the white area is covered and the coloured part of the tape is sticking up out of the soil.

The paper tape holds the seeds at the correct distance apart and anchors the seeds at the correct depth.

After 5-14 days, the plants will start to grow out of the paper tape, correctly spaced.



Leave the tape in the ground. As you water it every day and the plants continue to grow, the paper will biodegrade and break down, adding extra nutrients to the soil.

BENEFITS:

Planting with Reel Gardening seed tape as opposed to conventional planting methods has a number of benefits. These include:

- **Holds seeds at the correct depth and distance apart.**
- **Paper biodegrades to produce nutrients in the soil:** the seed tape is made from a special, biodegradable paper that is printed on with a natural ink that contains no bleach or harmful chemicals. As the paper sits in the soil and decomposes it adds extra nutrients to the soil that plants need to grow.
- **Contains top quality seed:** all of the seed included inside the Reel Gardening seed tape is sourced from South Africa's leading 2 seed suppliers. This guarantees that we only have the best quality seeds and that we can access the necessary certificates for exporting.
- **Birds and insects cannot eat seeds out of the soil:** all seeds are completely enclosed inside the paper tape. As the seeds germinate, the small seedlings emerge through the paper tape and grow into strong plants. However while the plant is still in seed form, it is vulnerable to being eaten by birds and insects. The paper enveloping the seeds protects them from being eaten by these pests.
- **Weeding is simple and easy:** knowing the difference between a small weed and a small vegetable or herb plant can be very difficult for a new gardener. They look very similar. But Reel Gardening seed tape shows you exactly where your plants are going to sprout. Once the seed tape is buried, and the coloured band is visible above the soil, you can expect your plants to emerge where there is a break in the colour.



Any plants that start to grow in any other location are weeds and you can remove them straight away.

- **Saves 80% in water consumption:** because the Reel Gardening seed tape shows you where your seeds are in the soil, you can water exactly on the seed tape, rather than the entire area of your garden. Tests conducted by the University of Pretoria proved that watering in this way saves 80% water in the germination phase when compared to traditional gardening methods.
- **Product is handmade, creating local employment and empowerment.**

GARDENS IN A BOX:

SACHET GARDENS IN A BOX:



WINDOWSILL GARDENS IN A BOX:



LARGE GARDENS IN A BOX:



SCHOOL AND COMMUNITY GARDEN IN A BOX:

The School and Community Garden in a Box is designed to create a large vegetable garden for the purposes of producing a substantial amount of food.

Each box is packed according to the month and location of planting to ensure correct seasonality. For example, the seeds that you can plant in September in Gauteng are different from the seeds you can plant in September in the KZN Coastal Region. And the seeds that you can plant in September in Gauteng are also different from the seeds you can plant in Gauteng in March.

Each 200m² Garden in a Box includes:

- Tape Measure
- Ball of String
- 4 x 50m² Garden in a Box
- 4 x Planting Bed Diagrams
- Reel Easy Guide to Growing



These Gardens in a Box are intended to create sustainable gardens that produce food every month. In order to create a sustainable garden, you will need to divide the total land you have available into 4 quadrants. Plant one quadrant a month for 4 months in a row. This will ensure that across your whole garden, you will have 4 quadrants that are all growing at different stages.



By the time you plant that last quadrant in month 4, the quadrant you planted first will now be ready to harvest and eat from. You will harvest from that first quadrant for about one month. At the end of that month of harvesting you can clear that portion of land and replant it. At the same time the quadrant you planted second will now be ready to harvest and eat from. And so the cycle continues, ensuring that you always have food to harvest from the garden.

That is why each 200m² Garden in a Box is made up of 4 x 50m² Gardens in a Box. Each 50m² Box is packed with seasonal vegetables for planting in a specific month. The 4 boxes should be planted once a month for 4 consecutive months. For example, you may decide to start a garden project in September. If you order a Reel Gardening 200m² Garden in a Box and tell us you want to start in September, you will receive a 200m² Garden in a Box that includes 4 smaller boxes packed for planting in September, October, November and December.



A note on space needed:

When creating a garden for the purposes of food production, it is important to know how much space is needed to produce enough food for the people you are trying to help.

Reel Gardening uses an estimate of 1m² of land is needed to grow enough vegetables to meaningfully contribute towards the daily-recommended allowance of vegetables for 1 person for 1 month.

However, to feed that person sustainably, you will need to plant 1m² a month for 4 months in a row, to create the type of harvesting and planting cycle described above. Therefore, if everything grows perfectly, you will need to plant a minimum of 4m² of land to produce enough vegetables for 1 person to eat out of that garden every day.

It is unlikely that everything you plant will grow perfectly. Reel Gardening therefore makes allowances for a 25% crop failure rate (due to weather conditions, pests or poor germination). Taking this into account, you will need:

5m² of planted land to feed 1 person a portion of vegetables every day.
OR

200m² of planted land to feed 40 people a portion of vegetables every day.

The portion of vegetables produced by the garden on a daily basis is not a sufficient amount of food for one person per day. Rather these vegetables will need to be supplemented with other forms of protein and carbohydrates.

GROW POD:

Each Reel Gardening Grow Pod includes:

- **Grow Bag (1m diameter, 30cm deep, durable, UV-Treated, breathable plastic)**
- **Weed Guard**
- **Reel Gardening Seed Tape**
- **Reel Easy Guide to Growing**



The Grow Pod is a great solution for people who want a garden but have poor soil, or no place to plant directly in the ground. The Pods can be placed on any flat surface in an area that receives at least 6 hours of direct sunlight a day.

See how to plant your Reel Gardening Grow Pod here:
<https://www.youtube.com/watch?v=yQrTiWxYORE>

The Grow Bag can be filled with soil from the ground or bought soil. If you have the budget to purchase potting soil or compost this will ensure that the seeds are growing in the best quality growing medium. Work on a ratio of:

2 parts potting soil to 1 part compost

To fill the bag with soil you will need to purchase between three and four 60DM Bags of compost and potting soil.



If you are filling the Grow Pod with soil directly from the ground, Reel Gardening recommends treating the soil with our organic Soil Food. One bag of soil food will be sufficient to treat 1 Grow Pod:

<https://www.reelgardening.co.za/products/01-organic-soil-food>

The Weed Guard included in the Grow Pod serves a number of purposes:

- 1) The spaces between the rings of weed guard act as a guide, showing you where to plant the Reel Gardening seed tape.
- 2) It stops water from evaporating out of the soil too quickly after you have watered. This saves water by ensuring that you don't have to water as often.
- 3) It stops weeds from growing. The black material blocks the sunlight from reaching the soil beneath it. All plants need sunlight to grow. By preventing the weed seeds from accessing sunlight, they are smothered and won't grow.



Grow Pods planted with the weed guard perform much better than Pods without weed guard.

These pods are a great solution for projects that want a vegetable garden but don't currently have the space for a garden planted in the ground. The bricked or paved areas that are available can be covered with as many Grow Pods as you like. These Grow Pods are also great as take home gifts for the individual people you train. If each person was able to create a small vegetable garden at home they would be able to provide fresh, nutritious vegetables for themselves and their families.

Finally, these small, movable gardens are also fantastic for testing commitment. A large garden can be expensive. If you and your beneficiary partner are unsure whether the team they have selected to care for the garden will show the adequate commitment to the project, you can test this commitment with a few Grow Pods first. If the Grow Pods are well cared for after a few months, you can then look at expanding the project to a larger, more expensive garden. If the team is unable to look after a few Grow Pods adequately it is unlikely that they will be able to care for a larger garden.

The nature of these Grow Pods makes them wonderful for use in schools. This led us to create The Learn and Grow Kit.





THE LEARN AND GROW KIT

For many years Reel Gardening has worked with schools to create school vegetable gardens. The benefits of a school garden are enormous, if the school has the space and capacity to look after it.

Vegetable gardens are not only used by schools to produce food to supplement school feeding programmes and create take-home packages for food-insecure learners; when utilised correctly they are also outdoor classrooms that teachers can use to bring their curriculums alive. Going through the process of nurturing a vegetable garden encompasses so many essential life skills that today's learners are often missing out on.

Looking after a garden teaches patience and responsibility. It is a lesson in problem solving and delayed gratification. And it creates an appreciation for naturally, seasonally grown food. Children that have grown their own vegetables are more likely to eat vegetables that are strangely shaped or off-coloured because they have witnessed the time and effort that went into producing those vegetables. This new appreciation prevents unnecessary food wastage and encourages children to eat nutritious, fresh vegetables.

But many schools simply don't have the space or the capacity to look after large school gardens. Large gardens are very time-consuming and if the school doesn't have a committed team of people to take on the challenge, the garden will not be a success. Reel Gardening realised that although a large garden is necessary to create a lot of food, it isn't necessary for education purposes. Learners can still reap all the educational benefits of a vegetable garden from a small garden. This led to the production of The Learn and Grow Kit.

The Learn and Grow Kits includes:

- **1 x School Workbook:** Reel Gardening has worked with an education specialist to explore the cross-curricular aspects of gardening and incorporating a small vegetable garden into the work teachers are already doing in the classroom. These Reel Gardening School Workbooks contain grade-appropriate activity sheets and detailed teacher notes to enhance the activity. All activities are aligned to the current CAPS curriculum, with a specific emphasis on Life Skills/ Orientation, Natural Sciences and English (First Additional Language). Reel Gardening has 3 School Workbooks: Pre-School, Primary School and Grades 8 and 9.
- **1 x Reel Easy Guide to Growing:** This gardening guide focuses on natural, economical gardening principals. It includes all the gardening information the teacher will need to ensure that his/her small classroom garden is a success.
- **1 x Grow Bag** (1m diameter, 30cm deep, durable, UV-Treated, breathable plastic).
- **2 x Weed Guards:** This kit has been designed to ensure that each Grow Pod garden will be planted twice throughout the year, enabling an element of sustainability. As such, each kit include 2 sets of weed guard, soil food and seeds: One for use straight away and one for replanting after the first harvest.
- **2 x Soil Food:** One to be mixed into the Grow Pod soil now and one to be mixed into the soil after the first harvest.
- **1 x Plastic Bag of Seed Tape:** These seed varieties have been carefully selected for planting in your location, in this season. These seeds must be used FIRST.
- **1 x Box Seed Tape:** These seed varieties have been carefully selected for planting in your location, NEXT season. These seeds must be planted LATER.
- **12 x Wooden Skewers:** These skewers are used to hold the weed guard in place. There are small punched holes around the weed guard. Insert these wooden skewers, through these holes, into the soil to stop the weed guard from moving during planting or blowing away.
- **1 x Watering Spout:** this spout will screw onto any old plastic cold drink bottle, creating an easy to use watering can and starting a conversation about the importance of recycling.

Learn and Grow Kit



2x Soil Food



2x Weed Guard



12x Wooden Skewers



1x School Workbook & Guide To Growing

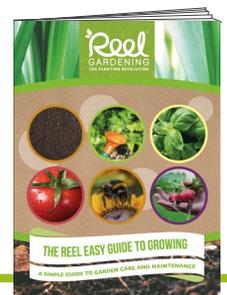
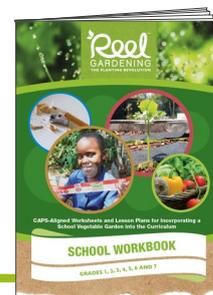
1x Grow Pod



1x Watering Spout



Seed Tape for two growing cycles



These Grow Pods can be placed right outside the classroom so that learners are constantly in contact with their garden and teachers don't have to move the whole class to the other end of the school. They can be placed on any flat surface, including bricks or concrete, as long as they receive at least 6 hours of direct sunlight a day. Teachers can create a watering schedule amongst the class to ensure that every child has a chance to take responsibility for looking after the garden. These gardens are accessible, easy to use and fun for children to get involved in.

Watch these videos on how to use the Learn and Grow Kit here:

<https://www.youtube.com/watch?v=UmPVU1IS4OY>

<https://www.youtube.com/watch?v=xaQ-wd8CVLU>

Many of our Reel Gardening Volunteers are providing a mixture between large gardens and these Learn and Grow Kits to schools they are working with. The knowledge of how to look after a vegetable garden that you will learn in this programme is applicable to both a large garden and a small Grow Pod. In both gardens you will need to know how to plant, trellis, transplant, make pesticide, fertiliser and compost as well as harvesting and seed saving. As such, when working with a school it is beneficial to create a large garden to supplement the school feeding programme and invite teachers to this training so that they have the skills to look after their Grow Pod gardens.

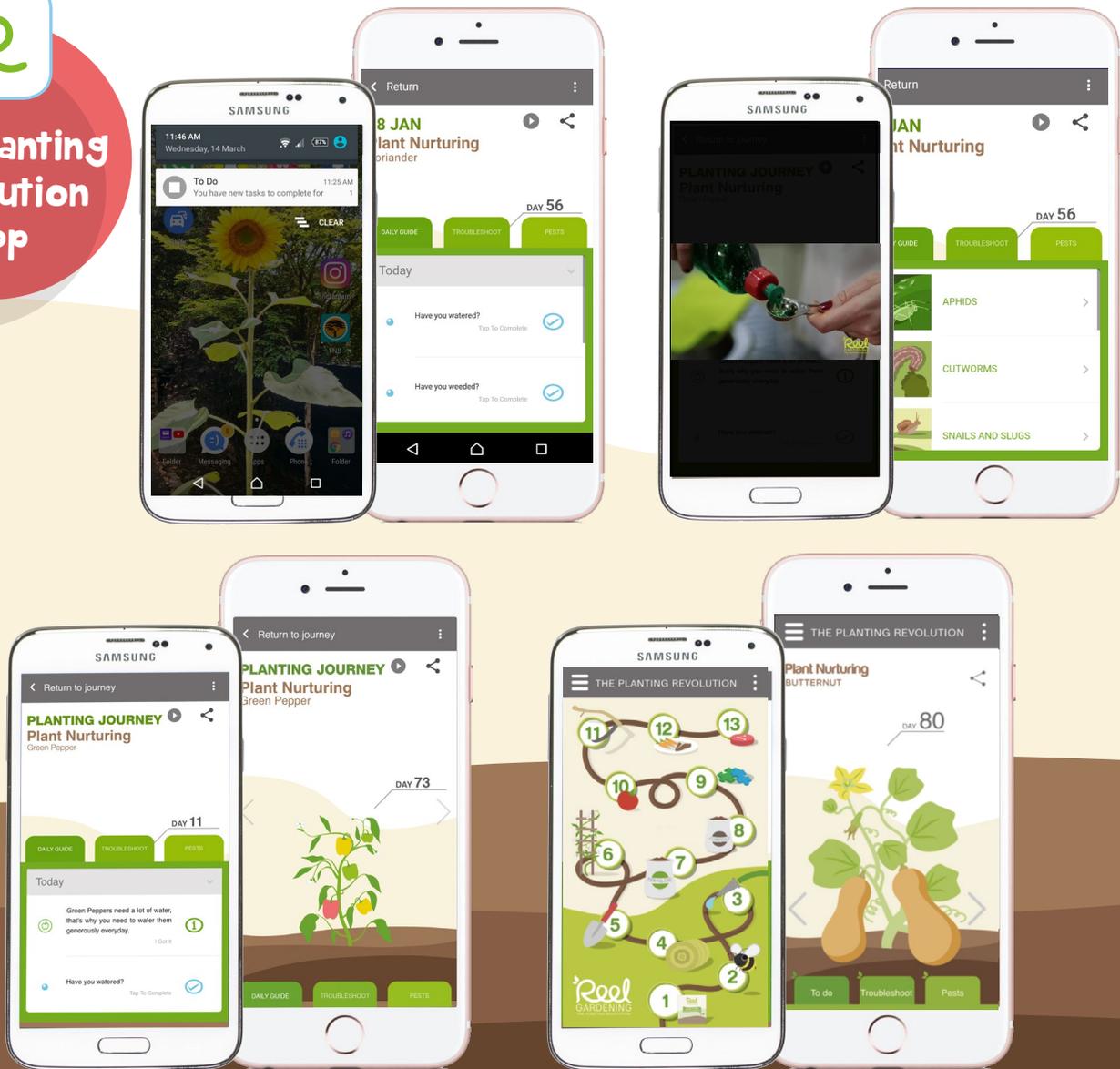


THE PLANTING REVOLUTION APP:

The Planting Revolution Mobile Application is free for download from the App Store, the Play Store and from any internet enabled device when you visit www.theplantingrevolution.co.za This means that you don't need a smart phone to access the app; you can use a school computer, or a tablet.



The Planting Revolution App



Available for download on Apple and Android



The Planting Revolution App is your garden guru in your pocket. It will teach you everything you need to know to look after your new vegetable garden through a series of short animated videos. When you start a new vegetable garden, log onto the app and create a new Journey by loading the 5 vegetables and/or herbs you have planted. The app will send you a new video every week to teach you something new that is applicable to the specific stage of growth of your garden. The app will also sync to your calendar and send you notifications every day to remind you to water and weed your garden. You will be able to access a library of information on common problems in the garden and how to address them.

This app is a summary of all the information you will learn on this programme. It is a fantastic support tool for your beneficiary partners to use in the periods in between your visits.

We hope you enjoy
creating your
Reel Gardens

