

## Become a Member of the G-Crew!

Farm in the Dell of the Red River Valley invites people of all abilities to join them for an exciting season of volunteering at the Community Garden.

Whether you're a seasoned gardener or just looking for something to do, this is the place for you!\*

The Farm is a non-profit organization looking to build a home and work site in rural Moorhead for people who have disabilities.

*\*Disclaimer: Volunteering may require hard work, patience and a sense of humor, but as it turns out, is well worth the effort.*

## Contact Info

### Community Garden

1800 21st Ave S, Fargo, ND 58103

### Pumpkin Patch

7378 40th Street North Moorhead, MN 56560

**Phone:** Mandy Johnson, Volunteer Coordinator (701) 799-6742

**Email:** [farminthedellrrv@live.com](mailto:farminthedellrrv@live.com)

**Web:** [www.farminthedellrrv.org](http://www.farminthedellrrv.org)

# Garden Crew Guide



*"...where the Spirit of the Lord is,  
there is freedom."*

1 Corinthians 3:17



Farm in the Dell of the Red River Valley  
7378 40th Street North  
Moorhead, MN 56560

## Joining the G-Crew!

Thank you for your interest in helping out with the Farm in the Dell of the Red River Valley Community Garden project. We appreciate you, your time, and your talents. We wouldn't be able to do this without you!

---

*"My favorite part of helping out at the garden is . . . well everything!" - Chelsie, garden volunteer.*

---

## Everyone is welcome

There is a lot to do to maintain a 100' x 150' garden space! There's planting, tilling, hoeing, weeding, watering, building structures, packaging, selling, CSA boxes to pack, and . . . phew!

Just to name a few! We need all different kinds of people, with all different kinds of abilities to help. Helping out at the garden may give you:

- The chance to meet new people and socialize.
- The opportunity to learn and practice new skills.
- A sense of well-being, happiness and stronger muscles. (Smiling and laughing muscles especially.)

## What to wear/bring **Bring your friends!**

- Wear clothes that can get dirty, gloves, closed toe shoes, sunglasses, hats and of course SUNSCREEN!
- Bring a water bottle and garden tools, if you have them.
- **Don't** bring electronics or pets. (Service animals welcome, of course!)

## Caregivers and Parents

Looking for something to do with your clients/children? Joining the G-Crew is an excellent plan! In addition to doing something that is productive and fun to do, you're also giving back to the community by providing much needed volunteers for the non-profit, Farm in the Dell.

## Our Schedule **Gardening is good for you!**

Please visit our website to sign up for shifts, but feel free to come when you can, even if you haven't signed up! We are also looking for a crafter and photographer, if gardening isn't your favorite.

Sundays	Mondays	Wednesdays	Thursdays
6:30-7:30pm	11am-12n	10am-12n 4pm-8pm	3:30-6:30pm
Garden	One Oak Place	Garden	Elmwood Park

*Groups are welcome to schedule their own evening's garden times as well. (Call Mandy for more details.)*

---

*"It's something productive, active and soothing to do. It's also a lot of fun!" —Tasha Breker, Direct Care Provider*

---

## What about the weather?

If the garden is too wet/cold/hot to work in we will let you know an hour before the scheduled time via:

- Our Facebook Page [www.facebook.com/farminthedellrrv](http://www.facebook.com/farminthedellrrv)
- Our twitter account @farminde11rrv
- On our website [www.farminthedellrrv.org](http://www.farminthedellrrv.org)
- Or just call Mandy (701) 799-6742

