

# FY2022 Buncombe County Tipping Point Grant Report

<b>Organization Name:</b>	Shiloh Community Association
<b>Project Name:</b>	Shiloh Community Garden Greenhouse Nursery & Herbal Medicine Production

Activities Accomplished	Annual Goal	Amount Completed
Number of trays of seedlings started in the greenhouse	40	40 trays x 50 plants per tray
Number of plants distributed within the neighborhood	12	55
Number of workshops hosted	5	3
Number of new salves or products produced	3	6
Number of herbal medicine items distributed to community members	80	66

Expenses (please list all grant related expenses)	Amount Spent
Home Deopt Greenhouse Kit	\$1,039
combination lock for greenhouse door	\$9
3 wire shelves for greenhouse and 500 1" pots for plant seedlings	\$314
Tin Manure Fork	\$88
Dewalt Jig Saw	\$165
Fractionated Coconut Oil	\$22
144 2oz tin containers	\$75
600 tea bag filters	\$24
4 pruning shears	\$32
2 stainless steel digging forks	\$76
Potting Soil	\$61
Dewalt driver 40 piece bit set	\$31
Dewalt 20v battery	\$80
Dewalt Cordless Drill Combo Set	\$249
Farberware 2qt Double Boiler	\$40
300 pack sealable paper bags for tea	\$20
4yds of pea gravel including delivery fee	\$250
3lbs beeswax pellets	\$48
wax paper and Jars for workshops	\$22
Medicinal plants at Herb Fest field trip	\$200
Invoice for Greenhouse Construction Max Mandler	\$1,000
Invoice for Greenhouse Construction Joseph Hackett	\$1,000
Shipping and taxes	\$155

**TOTAL:** \$5,000

<p><b>Overall project updates:</b></p>	<p>In the Summer of 2021 we began planting new Medicinal Herbs that can be used to make herbal medicine products at the garden. Medicinal herbs we grew this year include comfrey, calendula, yarrow, lavender, rosemary, sage, echinacea, roselle, lemon balm, catmint, peppermint, spearmint, anise hyssop, motherwort, bee balm, meadowsweet, elderberry, and yellowroot. Some herbs were harvested and used to make herbal teas and salves. Other perennial herbs were planted but are not yet established enough for harvests. We gave out our herbal teas on a semi-regular basis during weekly neighborhood deliveries of free produce. We also distributed herbal medicines at two of our free farmers market events, held in September and October. At our September market, our records show that we distributed 9 cuts-and-bruises salves, 4 cough tinctures, 4 sleepy time tinctures, 4 joint support tinctures, 16 bags of mint tea, and 2 bags of lemon balm tea to participants, most of whom were elders in the Shiloh neighborhood. We also chose a placement on our property to construct the greenhouse, made plans with Green Opportunities Carpenters for inter neighborhood collaboration on this building project, and purchased the greenhouse kit from Home Depot, along with shelving, combination lock for the door and 1 inch seedling pots for when we begin nursery production. In February of 2022 we began construction of the new greenhouse, this construction project was led by Max Mandler of Liberation Tools and Joseph Hackett from the Green Opportunity Carpentry Program at the Eddington Center. The Youth involved in the garden helped with the construction of the greenhouse during our weekly work days on Saturday. The green house was finished by March and we were able to plant out 20 flats of herbs an early spring vegetables for planting in the garden and to be bumped up to 1 inch pots for neighborhood distribution, once those trays were planted we began another round of trays with summer vegetables with the same plan in mind. We also grew plant starts for other community garden projects, like some dye plants for the Southside Community Farm. Next we began purchasing more supplies for the herbal medicine workshops that we planned for May and June, when the herbal medicine plants would be in season. Chloe Moore taught 3 herbal medicine classes this spring. One Class was on making herbal vinegars using early spring greens that are rich in vital minerals and nutrients. There was another workshop on drying herbal teas and their benefits, and there was a third workshop on making healing salves for rashes, bruises and open wounds. The salve making workshop was done in collaboration with the Bountiful Cities Community Garden Network. All three workshops resulted in the making of herbal medicine products which were taken home by participants or saved to give away at our Free Farmers Market events during the Summer. We also used a portion of this funding dedicated to purchasing plant starts to take four teens in our Youth Stipend Program, as well as 4 teens from our partner organization Buncombe County alternatives on a field trip to Herb Fest at the WNC Agricultural Center in Arden. This is a huge event for local plant nurseries to vend plant starts of all different varieties. The youth in our program assisted with choosing medicinal and culinary herbs to plant at the garden which will be used to make more herbal medicine products once they have become more established. We were able to safely store these plants in the newly constructed greenhouse until we finished construction on some new garden beds to plant them in. Lastly, we had our first Free Farmers Market Event of 2022 on Saturday May 28th. At this market we distributed 10 containers of loose leaf tea, and 17 tins of healing salve.</p>
<p><b>Indicators of service quality:</b> <i>(How well did we do it?)</i></p>	<p>During the summer of 2021 we began distributing Shiloh Garden Herbal Medicine products to community residents at our bi-monthly Free Farmers Market Event, along with herbal medicine products donated from local businesses like WildCraft Herbals, and Red Moon Herbs. Neighborhood residents expressed interest in these products, which are usually expensive and inaccessible to lower income populations. Many residents, including neighborhood elders, were not familiar with many of these products so our garden health experts explained the health benefits of different herbal remedies to the interested public. We also showed residents where these herbs are growing in case they would like to use them fresh for tea or cooking. We also distributed these herbs and herbal products directly to houses around the neighborhood along with fresh produce grown at the garden, weekly on Saturdays. In February of 2022 we were able to finish the construction of the new greenhouse, right on time to start early spring plants. Keeping plant starts in the greenhouse was a new experience for the garden leaders, and it took some time to figure out a schedule for making sure the plants were being watered everyday. Because of this the first round of plants we grew in the greenhouse came out stunted and we had to start over again, but after that we had a huge success rate producing plant starts. We specifically grew vegetable varieties that would be exciting for neighborhood residents, and had success sharing these plants during our May farmers market, along with donated plant starts from the Windfall Collective Plant Nursery in North Asheville. Our most successfully distributed plant varieties were Collard Greens, Chard, tomatoes, okra, hot peppers, and basil. That being said, we did not give away all the plant starts that we dedicated for distribution. The extra plants were planted around our garden property. Hopefully as we continue to use the greenhouse as a growing resource in the coming years, more people will be interested in getting free plants from us!</p>

<b>Result/Outcome:</b> <i>(Is anyone better off)</i>	Everyone in the neighborhood is better off for having access to free medicinal products, although it will take education for many residents to know how best to utilize these resources. One of our garden crew, Shaniqua Simuel began making small informational pages to give away with products to describe the effect of the herbs, like for our mint tea or salves. Chloe Moore, our resident herbalist at the garden has educated many of the residents who attend the free market events about the importance and uses of each medicinal product, and has made residents of Shiloh much more comfortable using the unfamiliar resources. We also have a permanent resource with our new greenhouse that expands our ability to grow food for our community, and provide people with free plant starts in the future. This resource makes growing food more accessible and affordable to the Shiloh Neighborhood, and will continue to support our efforts around food sovereignty and sustainable land management practices for many years to come.
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