

Seeds of Hope 2014 Special Service Badge



Objective: Learn about the Seeds of Hope Initiative in the Diocese of Los Angeles and promote actions which create habits of health and wellness in our community.

To earn this badge, participate in two or more of the activities below:

1. **(Required) Learn about the Seeds of Hope initiative by visiting the diocesan website** (www.ladiocese.org) **or contacting Tim Alderson, Executive Director, for more information.**

2. **Actively participate in the urban gardening movement. Establish or help a community garden.**

- a) Work with others (your school, church or community) to start a community garden. Enlist the help of a local gardener or request a visit from Tim Alderson, Executive Director of the Seeds of Hope program. Tim can take a look at your space and help you choose the best crops for your plot.

If a garden is already established, work with the organizers for a full season (seed to seed) to learn all the aspects of gardening for food.

Advertise your community garden, get others interested and willing to help. The garden should become community sustainable. That means you will teach others to garden so they can help themselves.

Distribute the produce to your surrounding community and the needy. **OR**

- b) If your GFS branch is small, find a nearby branch and partner up! Each of you can plant a small garden and then you can take turns visiting each other's gardens to help with planting, weeding and harvesting. Use the time together to build friendships and community.

3. **Provide the means for a community garden here or abroad.**

- a) Collect seed packets or start seedlings from cuttings of plants you and your neighbors have. Donate the seeds and seedlings to a local community garden. **OR**

- b) Collect seed packets for farmers in Haiti. Collect packets such as tomatoes, peppers, squash, okra, chard, spinach and root vegetables. (Corn only if it not genetically modified to be sterile.) Send the seed packets to Haiti in care of Serena Beeks of the Diocese of Los Angeles. Contact her at sbeeks@ladiocese.org.

4. **Become more educated about our natural environment.**

- a) Participate in a gardening workshop at a local nursery, community college or community garden such as that at Holy Nativity in Los Angeles (www.EnviroChangeMakers.org). Use your knowledge to enhance your garden at home. **OR**

- b) Learn about the importance of plants in our local community.

- i) Go for a walk and observe the trees, bushes and grasses in your neighborhood. Find out the names and discuss which plant varieties are appropriate for the local climate.

- ii) Visit a garden which features native plants and learn the value of this type of garden. The California Native Plant Society website (www.occnps.org) offers information on local resources. Maybe a member of your congregation has a native garden that you can tour!