

2023 Garden Planner



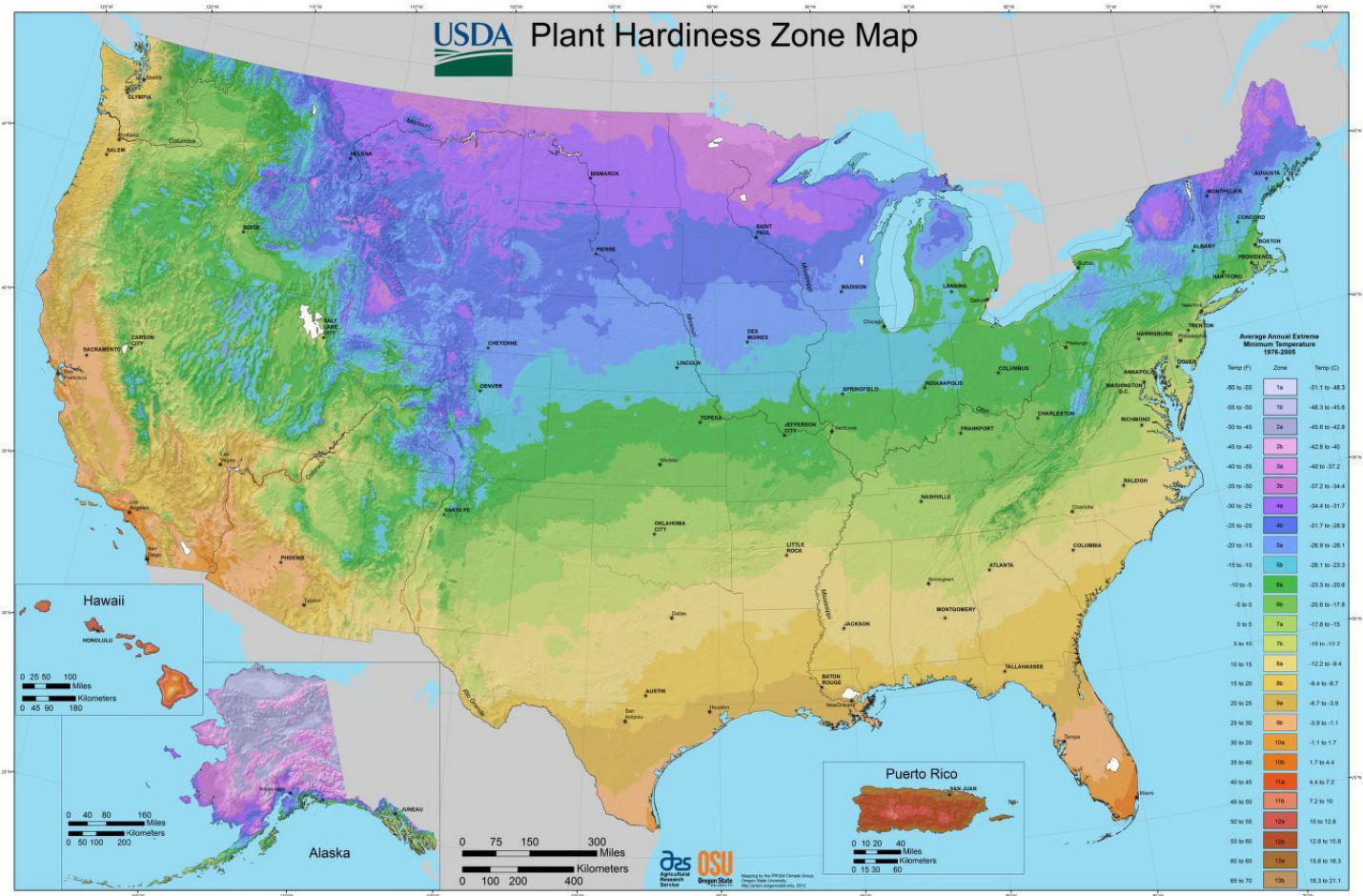
Name:

Seed Hub:

State/Zip Code:

Different Climate Zones

Warmer & Cooler Climates



Growing Zone: _____

First Frost Predicted: _____ / **actual:** _____

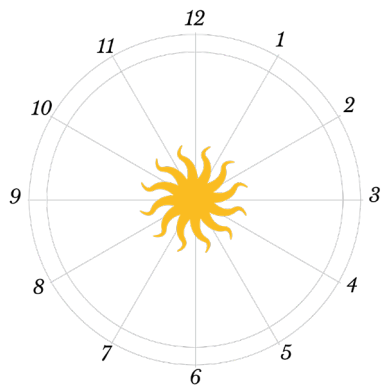
Last Frost Predicted: _____ / **actual:** _____

Hours of daylight increase in early February

Sunrise: _____ **Sunset:** _____

Hours of daylight decrease in October/November

Sunrise: _____ **Sunset:** _____



Tracking your growing zone and predicted frost dates helps you plan for the season. Noting the actual dates helps you track changes season by season. Noting the hours of light to grow with helps for year-long growing strategies.



Created for Cooperative Gardens Commission, and our goals to increase food sovereignty and food security. This has also been created to support our fundraising efforts! Please consider a donation, anything you can offer helps us all.

For more about the creator Mary K, please visit ACreativeAsset.com

Lunar Planting

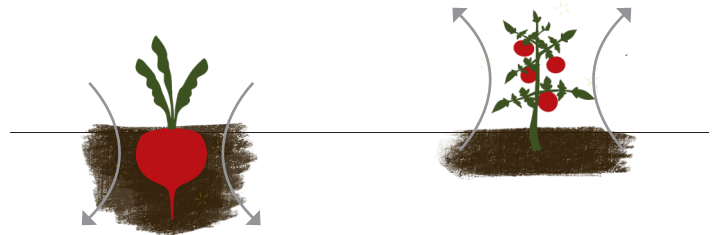
The schedule this year is based on the 2023 *Farmers Almanac Lunar Planting* schedule.

Lunar planting factors in the gravitational pull of the moon. Just as the massive waters of the Earth move with tidal shifts by this force, moisture in the soil moves, and the plant sap moves, rising and receding.

This method is included in this planner because I have found it effective for starting plants from seed, transplanting, and harvesting them. I also found it useful to sync up with the rhythm of the moon for soil tending and amending.

As with ALL gardening methods, there are many approaches.

Feedback is invited on this!



Symbol System



This little star indicates the best days of the month for the activity it is located next to.



Above Ground Plants

The tomato represents vine crops including cucumbers, squash, melons, peas and beans.

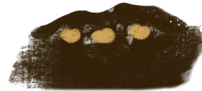


Leafy greens represent lettuce, spinach, mustard, collard greens, cabbage, broccoli, etc and corn.



Below Ground Plants

The bountiful beet is the representative for most root vegetables and alliums.



Coop Gardens doesn't supply seed potatoes, but it is worth looking into this calorie-rich food option!



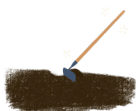
Ground Cover & Pollinator Food

Cover crops break the mold, including aboveground blossoming plants (that pollinators also enjoy), and ground breaking root veggies like the daikon radish! These include grain and forage.



Almost ALL flowers represented by this one little icon.

When to Act & When to Pause



The hoe is the stand-in for farm chores and working with soil (in most cases).



The basket represents harvest days.



The 5-gallon bucket is what someone can create plant ferment plants in, for low/no-cost on-site soil amendments and natural pest deterrents. This is the natural alternative to using chemicals for fertilizer or pest control. PLEASE share what kinds of methods you are using!































Let the seeds do their thing! Let the soil rest.

Seed Tracking!

Use this to track the seeds you've saved, ordered and requested.

Consider "Days to Maturity" information, track and adjust accordingly.

Growing Zone: _____ Last Frost Date: Predicted/Actual _____ First Frost Date: Predicted/Actual _____

| Plant & Life Cycle | Supplier | \$ | Seeds per packet | Food per Plant | Sun/Water Needs | Sq ft Needed | Plant Type |
|---|----------|----|------------------|----------------|--|--------------|---|
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |
| <input type="radio"/> Annual <input type="radio"/> Biennial <input type="radio"/> Perennial | | | | |   ● | | <input type="radio"/> Vegetable <input type="radio"/> Herb <input type="radio"/> Grain <input type="radio"/> Flower <input type="radio"/> Fruit <input type="radio"/> |

| <i>Crop</i> | <i>Lbs or Bunches</i> | <i>Date</i> | <i>Harvest/Processing Notes</i> | <i>High/Low Temp</i> | <i>Notes & Adaptations</i> |
|-------------|-----------------------|-------------|---------------------------------|----------------------|--------------------------------|
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Tracking the amount of food you harvest provides a solid record of what your efforts achieve, known as quantitative data. Do this to help your project with local funding!

Track season by season how successful each crop is. Track any extreme weather events or impacts and challenges, noting seasonal adaptations you are trying this year, and would try for next. Note the costs needed to help your project.



For a digital version of this tool visit CoopGardens.org/Seed-Hub-Resources or visit:

January *Setting Intentions & Cultivating Community*

Forget the gym membership, commit to a garden, or expand the one you have! Just think of how many squats it takes to weed or plant a row? What about the variability in exercise and activity?! Seriously though, reach out to family, friends and your community to get your garden plans really growing this season.

| | | | |
|---------------------------------------|-------|-------|-------|
| Sourcing & Tracking Seeds ○ | _____ | _____ | _____ |
| Preparing Area ○ | _____ | _____ | _____ |
| Garden Planning ○ | _____ | _____ | _____ |
| Soil Amendments ○ | _____ | _____ | _____ |
| Networking/Community Connection ○ | _____ | _____ | _____ |
| Tracking Challenges & Possibilities ○ | _____ | _____ | _____ |
| Cultural Celebration/Learning ○ | _____ | _____ | _____ |
| Simple Pleasures ○ | _____ | _____ | _____ |
| _____ ○ | _____ | _____ | _____ |

Goals for Week 1:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

January

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 <i>Full Moon</i>  | 7 |
|  |  | | |   |  |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | | | |  |  | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 <i>New Moon</i>  |
|  <i>Start Seedbeds</i> |   |  |  |  | |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28  |
|  |  | |  | |  | |
| 29 | 30 | 31 | <p>Winter Sowing in 1 Gallon Jugs Step 1: Cut your jugs in half and toss out the caps. Step 2: Moisten the soil really well. Step 3: Sprinkle seeds on soil with even spacing. Cover with soil to the recommended depth. Add enough water to moisten. Step 4: Close your container and seal closed with duct tape, leaving the opening open. Step 5: Label the jug with the plant name and planting date. Step 6: Set them outside in a full sun location. Check throughout the season to be sure the soil remains moist. Add a bit of water when needed.</p> <p>This method works well for alliums, above-ground brassicas (like cabbage, broccoli, and mustard greens), tomatoes, peppers, and some flowers. It's harder with cucurbits and melons. Best to direct-seed root crops, but this can work for many.</p> | | | |
|  |  | | | | | |

What I learned this month:

February *Growing Food & Cultivating Community*

What plant(s) you are the MOST excited to grow?! Is there a local school garden project you can support? Do you know the history of the seed? It's Black History Month, what is happening in food policy for Black Farmers right now? Check out UjamaaSeeds.com! Learn more about the EPIC work they're doing!

| | | | |
|---|-------|-------|-------|
| Sourcing, <input type="radio"/> Tracking, & Bundling Seeds | _____ | _____ | _____ |
| Preparing Area <input type="radio"/> | _____ | _____ | _____ |
| Garden Planning <input type="radio"/> & Adaptations | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/ Community Connection | _____ | _____ | _____ |
| Tracking <input type="radio"/> Challenges & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> _____ <input type="radio"/> | _____ | _____ | _____ |

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Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

February

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---------|--|----------|--------|----------|
| <p>Days Begin to Lengthen! It's time to start many plants that prefer cooler months. Some varieties indicate this on seed packets with "When the Soil is Workable." As the days grow longer crops that slowed down for the winter will begin to pick up the pace. In warmer climates harvests will pick up. In cooler climates, this is a good time to prepare for the growing season. Turn compost, prepare ground, start seeds! Share your favorite February Tips with us! CoopGardens.org</p> | | | 1 | 2 | 3 | 4 |
| 5 <i>Full Moon</i>  | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 <i>New Moon</i>  | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | <p>HUGE thanks to the Seed Companies who make this all possible! If you didn't get some of the seeds you hoped for, please consider checking out one of our supporting seed companies and support their business by ordering from them!</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">   </div> <div style="text-align: center;">  </div> </div> | | | |

What I learned this month: _____

March *Growing Food & Cultivating Community*

How many community gardens are in your area? Are you looking for more growing space? There might be spots available. If not, ask about possible volunteer days in trade for harvest, and ask about any waiting list. If you're running a garden, consider creating such opportunities!

| | | | |
|---|-------|-------|-------|
| Sourcing, <input type="radio"/> Tracking, & Bundling Seeds | _____ | _____ | _____ |
| Preparing Area <input type="radio"/> | _____ | _____ | _____ |
| Garden Planning <input type="radio"/> & Adaptations | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/ Community Connection | _____ | _____ | _____ |
| Tracking <input type="radio"/> Challenges & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> _____ <input type="radio"/> | _____ | _____ | _____ |

Goals for Week 1:

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Goals for Week 2:

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Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

March

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---|--|----------|--------|----------|
| <p>Many Hands Make Light Work Old school advice rings true in the garden! Just 2 or 3 people can accomplish so much more than 1, in a fraction of the time. It's almost magic sometimes.</p> <p>If you are running a garden, don't be shy about putting the call out for volunteer help. It will take extra coordination and clear communication of plans, but it's worth it. Taking some time to have your garden plan mapped out will help this process. If you're setting a garden schedule with multiple people this can get tricky!</p> <p>Join an Organizing Call, let's share ideas! CoopGardens.org</p> | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 Full Moon  | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15  | 16 | 17 | 18 |
| 19 | 20 | 21 New Moon  | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29  | 30 | 31 | |

What I learned this month: _____

Spring Look

Please take about 30 minutes to track your progress at this point in the season.

What are you learning so far?

What are you excited about?

What do you need to move your project forward? What is standing in your way?

Are you able to allocate about 20% of your time to rest and/or engage in some activity that restores and inspires you?

Visioning Space *Use this area to vision what needs to happen. This could be a map of an area you're working on for food growing, networking ideas, and dreams of food you're growing!*



April Growing Food & Cultivating Community

What's thriving in your garden right now? What adjustments are you considering?

What's happening at your local farmers market? Does your local market have a food stamps program? Pop-up farm stands? Connect with a local farmer/producer! Ask about a veggie that grabs your attention.

| | | | |
|---|-------|-------|-------|
| Tracking Seeds/ Start Seedlings <input type="radio"/> | _____ | _____ | _____ |
| Eating Log <input type="radio"/> & Photos! | _____ | _____ | _____ |
| Season Adaptations <input type="radio"/> | _____ | _____ | _____ |
| Preparing Land/ Weed Suppression <input type="radio"/> | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/ Community <input type="radio"/> Connection | _____ | _____ | _____ |
| Tracking Challenges <input type="radio"/> & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ <input type="radio"/> Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> _____ <input type="radio"/> | _____ | _____ | _____ |

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Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____





Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

April

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|---------|---|---|--------|---|
| <p>Season Extension You can add weeks and even months to your growing season by using season extensions methods. These can include row cover, cold frames, low tunnels, or simply having some old sheets on hand to quickly cover plants that won't survive an early frost. Be sure fabric isn't touching the plants. Use tomato cages, bins, or other items to create a framework around them.</p> <p>Share your favorite March Tips with us! CoopGardens.org Growing tips will change by region. We'd like to be able to provide a range of useful advice to share.</p> | | | <p>Without the generous donations of seed each year we wouldn't be able to do what we do! If you didn't get some of the seeds you hoped for, please consider checking out one of our supporting seed companies and support their business by ordering from them!</p>   <p><i>*Renee's Garden*</i> The Garden to Table Seed Company</p> | | | 1 |
| 2 | 3 | 4 | 5 | 6 Full Moon  | 7 | 8 |
| | | | | | | <p><i>Good days for transplants!</i> <i>Start Seedbeds</i></p> |
| 9 | 10 | 11 | 12 | 13  | 14 | 15 |
| | | | | | | |
| 16 | 17 | 18 | 19 | 20 New Moon  | 21 | 22 |
| | | | | | | |
| 23/30 | 24 | 25 | 26 | 27  | 28 | 29 |
| | | | | | | |

What I learned this month: _____

May Growing Food & Cultivating Community

What's growing best in your region right now? What foods are you harvesting weekly? What's coming in, and what's about done for the season? What is happening in food policy right now? Who will it benefit? How can you connect to this?

| | | | |
|---|-------|-------|-------|
| Tracking Seeds <input type="checkbox"/> | _____ | _____ | _____ |
| Eating Log <input type="checkbox"/> & Photos! | _____ | _____ | _____ |
| Season Adaptations <input type="checkbox"/> Fall Seedlings | _____ | _____ | _____ |
| Crop Rotation/ <input type="checkbox"/> Weed Suppression | _____ | _____ | _____ |
| Soil Amendments <input type="checkbox"/> | _____ | _____ | _____ |
| Networking/ Community <input type="checkbox"/> Connection | _____ | _____ | _____ |
| Tracking Challenges <input type="checkbox"/> & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ <input type="checkbox"/> Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="checkbox"/> _____ <input type="checkbox"/> | _____ | _____ | _____ |

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Goals for Week 3:

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Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|---|---|---|
| | 1 | 2 | 3 | 4 | 5 <i>Full Moon</i>  | 6 |
| | |  |  |  | <i>Start Seedbeds</i>  | <i>Good days for transplants!</i>  |
| 7 | 8 | 9 | 10 | 11 | 12  | 13 |
| | |  |  |  | <i>Good days for transplants!</i>  | |
| 14 | 15 | 16 | 17 | 18 | 19 <i>New Moon</i>  | 20 |
| |  |  | <i>Transplants</i>  | <i>Take a Break!</i> |  | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27  |
| | |  |  |  | <i>Take a Break!</i> |  |
| 28 | 29 | 30 | 31 | <p>Without the generous donations of seed each year we wouldn't be able to do what we do! If you didn't get some of the seeds you hoped for, please consider checking out one of our supporting seed companies and support their business by ordering from them!</p> <div style="display: flex; justify-content: space-around; align-items: center;">    </div> <p style="text-align: center;"><i>Start Seedbeds</i> </p> | | |

What I learned this month:

June *Consider Fall planting and the benefits of working with Nature's cycle*

(shifting as it is). **Plant some crops to provide food in the fall.** In many regions this can make the most use of annual precipitation. This month also has marks days of cross-cultural awareness. Support effective community equity. What is the history of agriculture in your area?

| | | | |
|---|-------|-------|-------|
| Tracking Seeds <input type="checkbox"/> | _____ | _____ | _____ |
| Eating Log <input type="checkbox"/> & Photos! | _____ | _____ | _____ |
| Season Adaptations <input type="checkbox"/> Fall Planting | _____ | _____ | _____ |
| Crop Rotation/ <input type="checkbox"/> Weed Suppression | _____ | _____ | _____ |
| Soil Amendments <input type="checkbox"/> | _____ | _____ | _____ |
| Networking/ Community <input type="checkbox"/> Connection | _____ | _____ | _____ |
| Tracking Challenges <input type="checkbox"/> & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ <input type="checkbox"/> Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="checkbox"/> _____ <input type="checkbox"/> | _____ | _____ | _____ |

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Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

June

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|---------|-----------|---|--------|----------|
| <p>HUGE thanks to the Seed Companies who make this all possible! If you didn't get some of the seeds you hoped for, please consider checking out one of our supporting seed companies and support their business by ordering from them!</p>  | | | | 1 | 2 | 3 |
| 4 <i>Full Moon</i>  | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | <i>Start Seedbeds</i>  | | |
| | | | | <i>Transplants</i>  | | |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | | | | <i>Transplants</i>  | | |
| 18 <i>New Moon</i>  | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | <i>Start Seedbeds</i>  | | |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | | | | <i>Start Seedbeds</i>  | | |

What I learned this month: _____

Summer Look

Please take about 30 minutes to track your progress at this point in the season.

What are you learning so far?

What are you excited about?

What do you need to move your project forward? What is standing in your way?

Are you able to allocate about 20% of your time to rest and/or engage in some activity that restores and inspires you?

Visioning Space *Use this area to vision what needs to happen. Pause at this time of seasonal transition. Maybe draw a bit of what you're grateful for, and what you're excited for!*



July *Summer crops are going full-on right now!* **Are you in a region experiencing another heat wave?** What are some seasonal adaptations you or others are using? Tune your attention to mutual aid for farmworkers in large-scale ag. Research where most of our food comes from, the food in stores near you, and find connections. Share posts from groups, led by those from the communities most impacted. Learn about local farms, what challenges are they trying to adapt to?

| | | | |
|---|-------|-------|-------|
| Tracking Seeds <input type="checkbox"/> | _____ | _____ | _____ |
| Eating Log <input type="checkbox"/> & Photos! | _____ | _____ | _____ |
| Season Adaptations <input type="checkbox"/> Fall Planting | _____ | _____ | _____ |
| Crop Rotation/ <input type="checkbox"/> Weed Suppression | _____ | _____ | _____ |
| Soil Amendments <input type="checkbox"/> | _____ | _____ | _____ |
| Networking/ Community <input type="checkbox"/> Connection | _____ | _____ | _____ |
| Tracking Challenges <input type="checkbox"/> & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ <input type="checkbox"/> Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="checkbox"/> _____ <input type="checkbox"/> | _____ | _____ | _____ |

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Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

July

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|---|---|
| <p>HUGE thanks to the Seed Companies who make this all possible! If you didn't get some of the seeds you hoped for in this most recent seed distribution from Coop Gardens, please consider checking out one of our supporting seed companies and support their business by ordering from them!</p>   | | | <p>Saving Seeds! In many areas, plants are producing seeds to save for many months of the year. In some regions, this is the time many plants are just going to seed. See resources at CoopGardens.org.</p> <p>No matter where you are, saving seed is a really good thing to be doing. Each season the plants are adapting their seeds to your micro-climate, increasing the chances for greater harvests next year. Please be saving seeds!</p> <p>We love talking about seed saving! If you haven't already, you can register to join an Organizing Call via CoopGardens.org.</p> | | | 1 |
| 2 | 3 <i>Full Moon</i>  | 4 | 5 | 6 | 7 | 8 |
|  | |  | |  | |  |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | |  | | |  | |
| <i>Transplants</i> | | | | <i>Transplants</i> | |  |
| 16 | 17 <i>New Moon</i>  | 18 | 19 | 20 | 21 | 22 |
|  | |  | |  | |  |
| 23/30 | 24/31 | 25 | 26 | 27 | 28 | 29 |
|  | |  | |  | |  |
| | | <i>Fall Cabbage!</i>  | | | | |

What I learned this month: _____

August *Plant now for Fall Harvest!* What are some ways you are adapting to the season this year? Weeding party anyone? Many hands make light work. Consider smothering weeds with materials on hand, such as cardboard, or other natural materials. Keep an eye out for mutual aid efforts to support others struggling.

| | | | |
|---|-------|-------|-------|
| Tracking Seeds <input type="checkbox"/> | _____ | _____ | _____ |
| Eating Log <input type="checkbox"/> & Photos! | _____ | _____ | _____ |
| Season Adaptations <input type="checkbox"/> Fall Planting | _____ | _____ | _____ |
| Crop Rotation/ <input type="checkbox"/> Weed Suppression | _____ | _____ | _____ |
| Soil Amendments <input type="checkbox"/> | _____ | _____ | _____ |
| Networking/ Community <input type="checkbox"/> Connection | _____ | _____ | _____ |
| Tracking Challenges <input type="checkbox"/> & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ <input type="checkbox"/> Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="checkbox"/> _____ <input type="checkbox"/> | _____ | _____ | _____ |

Goals for Week 1:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

August

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| <p>Gathering Around Good Food! If you haven't already started having potlucks, or outdoor cook-outs with some of your garden bounty, now is the time to start! Or, consider planning a harvest party for September and October!</p> <p>What is your favorite way to share what you're cultivating? Join an Organizing Call and let us know! If you haven't already, you can register to join via CoopGardens.org.</p> | | <p>1 <i>Full Moon</i> </p> | 2 | 3 | 4 | 5 |
| 6 | 7 | 8  | 9  | 10  | 11  | 12 |
| <i>Transplanting!</i> | |  |  |  | <i>Start Seedbeds</i>  |  |
| 13 | 14 | 15 | 16 <i>New Moon</i>  | 17 | 18 | 19 |
| | |  |  | | |  |
| 20 | 21 | 22 | 23 | 24  | 25 | 26 |
|  |  |  | |  | |  |
| 27 | 28 | 29 | 30 | 31 <i>Full Moon</i>  | <p>Supporting gardens around the land, in the spirit of seedy solidarity! Please consider checking out one of our supporting seed companies!</p>  <p>JORDAN SEEDS, Inc.</p> | |

What I learned this month: _____

September *Setting Intentions & Cultivating Community*

This is harvest time for many long-season crops. Don't forget to save seeds from the plants who have done the best throughout this growing season! Consider creating an experiential learning opportunity with a class interested in learning more about growing food... there's more and more!

Is there a local effort to preserve foods to provide healthy meals to those in need this winter?

| | | | |
|---|-------|-------|-------|
| Tracking Seeds <input type="radio"/> | _____ | _____ | _____ |
| Eating Log <input type="radio"/> & Photos! | _____ | _____ | _____ |
| Season Adaptations <input type="radio"/> Fall Planting | _____ | _____ | _____ |
| Crop Rotation/ <input type="radio"/> Weed Suppression | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/ Community <input type="radio"/> Connection | _____ | _____ | _____ |
| Tracking Challenges <input type="radio"/> & Possibilities | _____ | _____ | _____ |
| Cultural Celebration/ <input type="radio"/> Learning | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> _____ <input type="radio"/> | _____ | _____ | _____ |

Goals for Week 1:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____




Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

September

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|---|---|---|
| <p>Harvest Party! If you are looking for ways to connect with your broader community, or, looking to bolster the numbers of helpers you have in the garden, consider hosting a harvest party! Share from the outcome of the days bounty evenly between participants.</p> <p>What is your favorite way to share what you're cultivating? Join an Organizing Call and let us know! If you haven't already, you can register to join via CoopGardens.org.</p> | | | <p>Supporting gardens around the land, in the spirit of seedy solidarity! Please consider checking out one of our supporting seed companies!</p>  | | 1 | 2 |
| 3 | 4 | 5 | 6  | 7 | 8 | 9 |
| <i>Transplanting!</i>  | |  |  |  | |  |
| 10 | 11 | 12 | 13 | 14 | 15 <i>New Moon</i>  | 16 |
|  | | |  | |  | |
| 17 | 18 | 19 | 20 | 21 | 22  | 23 |
|  | <i>Start Seedbeds</i>  |  |  | |  | |
| 24 | 25 | 26 | 27 | 28 | 29 <i>Full Moon</i>  | 30 |
|  |  |  |  |  | <i>Transplanting!</i>  | |

What I learned this month: _____

Fall Harvest & Pause

Please take about 30 minutes to track your progress at this point in the season.

What are you learning so far?

What are you excited about?

What do you need to move your project forward? What is standing in your way?

Are you able to allocate about 20% of your time to rest and/or engage in some activity that restores and inspires you?

Visioning Space *Use this area to vision what needs to happen. This could be a map of food distribution needs, preservation ideas, networking, and visioning the Winter pause!*



October *Harvest Time & Abundance!*

In many climates this month marks the end of the growing season. In warmer climates growing can continue but will begin slowing down as the hours of daylight decrease. What are some of the seeds you have saved that you are most excited about? Do you know their story? What part of our world did they originate from?

| | | | |
|---|-------|-------|-------|
| Seed Saving & Cleaning <input type="radio"/> | _____ | _____ | _____ |
| Plant Starts/Flowers sown <input type="radio"/> | _____ | _____ | _____ |
| Growing wrap-up/crop rotation <input type="radio"/> | _____ | _____ | _____ |
| Logging Harvest <input type="radio"/> | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/Community Connection <input type="radio"/> | _____ | _____ | _____ |
| Tracking Challenges & Possibilities <input type="radio"/> | _____ | _____ | _____ |
| Cultural Celebration/Learning <input type="radio"/> | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> | _____ | _____ | _____ |
| _____ <input type="radio"/> | _____ | _____ | _____ |

Goals for Week 1:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

October

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------|--|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 | 6  | 7 |
| Transplanting!  | | | | Start Seedbeds  | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 <i>New Moon</i>  |
| | | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Start Seedbeds | | Cabbage!  | | | | |
| 22  | 23 | 24 | 25 | 26 | 27 | 28 <i>Full Moon</i>  |
| | | | | | | |
| | | | | | | Transplanting!  |
| 29 | 30 | 31 | <p>Favorite Recipes! What are some favorite dishes you've been preparing this season?</p> <p>Let us know! Join an Organizing Call and let us know! If you haven't already, you can register to join via CoopGardens.org.</p> | | | |
| | | | | | | |
| <p>Supporting gardens around the land, in the spirit of seedy solidarity! Please consider checking out one of our supporting seed companies! Purchasing seed from them helps to keep us all growing abundantly!</p> <p>MASA seeds culture community</p>  | | | | | | |

What I learned this month: _____

November *Food & Community Histories*

Do you have soil-amendment systems in place for collecting and making second-uses of foods from the kitchen? What are some seasonal adaptations you are considering? Visited Native-land.ca to grow understanding about the land we live on. Do you know what is happening with the Indigenous people in your area? Look for the history of the region, the treaty that applies. Learn about traditional foodways. Look at maps of the Homestead Act and consider the history of the land where you live, from then to now.

| | | | |
|---|-------|-------|-------|
| Seed Cleaning/ Inventory/Order <input type="radio"/> | _____ | _____ | _____ |
| Plant/Sprout Starts <input type="radio"/> | _____ | _____ | _____ |
| Reviewing Garden/ Farm Plan <input type="radio"/> | _____ | _____ | _____ |
| Converting lawn/ Rotating crops <input type="radio"/> | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/ Community Connection <input type="radio"/> | _____ | _____ | _____ |
| Tracking Challenges & Possibilities <input type="radio"/> | _____ | _____ | _____ |
| Cultural Celebration/ Learning <input type="radio"/> | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> | _____ | _____ | _____ |
| _____ <input type="radio"/> | _____ | _____ | _____ |

Goals for Week 1:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

November

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---------|--|----------|---|----------|
| <p>Seed Stories If you've been saving seed this season, you might consider studying the history of 1-4 seeds you've grown and saved. This can be a winding road, a journey through various websites, state history archives, and organizational websites created by communities of the original people of the seed. As you prepare your saved seeds to store for the coming season, consider packaging some with the seed story attached, and think about where these gifts of abundance and creation can go or return to.</p> <p>Join an Organizing Call and let us know! If you haven't already, you can register via CoopGardens.org.</p> | | | 1 | 2 | 3 | 4 |
| | | | Start Seedbeds  | | Transplanting  | |
| 5  | 6 | 7 | 8 | 9 | 10 | 11 |
| | | | | | Start Seedbeds  | |
| 12 | 13 <i>New Moon</i>  | 14 | 15 | 16 | 17 | 18 |
| Transplanting  | | | | | Start Seedbeds  | |
| 19 | 20  | 21 | 22 | 23 | 24 | 25 |
| | | | | | Start Seedbeds  | |
| 26 | 27 <i>Full Moon</i>  | 28 | 29 | 30 | <p>Supporting gardens around the land, in the spirit of seedy solidarity! Please consider checking out one of our supporting seed companies! Purchasing seed from them helps to keep us all growing abundantly!</p>  | |
| | | | Start Seedbeds  | | | |

What I learned this month: _____

December *Food & Community*

In all climates tuck-in, tell stories and share food. Order seeds, review garden plans and be sure processes for next season are ready to roll. In warmer climates, things continue growing, but daily light determines the speed they grow. If possible, take time to sloooooowww down too. Is everyone warm and sheltered? Consider gifting some preserved summer abundance to a health-care worker.

| | | | |
|---|-------|-------|-------|
| Sourcing & Saving Seeds <input type="radio"/> | _____ | _____ | _____ |
| Food Preservation <input type="radio"/> | _____ | _____ | _____ |
| Start Plants & Sprouted Greens <input type="radio"/> | _____ | _____ | _____ |
| Garden Planning & Adaptations <input type="radio"/> | _____ | _____ | _____ |
| Soil Amendments <input type="radio"/> | _____ | _____ | _____ |
| Networking/Community Connection <input type="radio"/> | _____ | _____ | _____ |
| Tracking Challenges & Possibilities <input type="radio"/> | _____ | _____ | _____ |
| Cultural Celebration/Learning <input type="radio"/> | _____ | _____ | _____ |
| Simple Pleasures <input type="radio"/> | _____ | _____ | _____ |
| _____ <input type="radio"/> | _____ | _____ | _____ |

Goals for Week 1:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 2:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 3:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

Goals for Week 4:

Fun & Personal Recharge Relationship/Family Community Food-Cultivation/Preservation _____ _____ _____

December

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--------|--|---|----------|---|----------|
| <p>Comfort Food What are some treasures you're holding in the pantry or fridge? Preserving food can be an art, providing yourself and others with warm recollections of the past season, and ideas for next.</p> <p>What challenges did you encounter while saving food? What are some ways you may seek to change what you're doing next year?</p> <p>Join an Organizing Call and let us know! If you haven't already, you can register via CoopGardens.org.</p> | | | | | 1 | 2 |
| 3 | 4 | 5  | 6 | 7 | 8 | 9 |
| | | |     <i>Start Seedbeds Transplanting</i>  | | | |
| 10 | 11 | 12 <i>New Moon</i>  | 13 | 14 | 15 | 16 |
| | | |     | | | |
| 17 | 18 | 19  | 20 | 21 | 22 | 23 |
| | | |   | | | |
| 24/31 | 25 | 26 | 27 <i>Full Moon</i>  | 28 | 29 | 30 |
| <i>Start Seedbeds</i>  | | |   <i>Transplanting</i> | |   | |

What I learned this month: _____

Winter Reflections

Please take about 30 minutes to track your progress at this point in the year.

What are you learning so far?

What are you excited about?

What do you need to move your project forward? What is standing in your way?

Are you able to allocate about 20% of your time to rest and/or engage in some activity that restores and inspires you?

Visioning Space *Use this area to vision what needs to happen. This could be a map of the biggest learning from this season, networking ideas, and mapping the future garden plans!*





Seed Distribution!

Founded in March 2020, the **Cooperative Gardens Commission** (CGC) is a grassroots collective working to support food sovereignty efforts in response to COVID-19. The pandemic heightened the persistent injustice in our food system, falling especially hard on BIPOC, poor, undocumented, and otherwise marginalized communities. Our primary work is focused on distributing seeds to Seed Hubs, who function as central distributors of free seeds and information to their communities. In this capacity, CGC focuses on historically oppressed communities by prioritizing hubs already working with those most affected by the injustices of the pandemic and encouraging seed hub organizers who aren't working with those groups to do so.

If you enjoy this Planner, please consider making a donation! Don't underestimate how far your donation can go! In the spirit of building community through seed sharing, half of the funds needed in the last distribution cycle were donated by our Seed Hubs! In the 2022 Cycle, 71 Seed Hubs donated enough to cover their shipping costs, and 34 donated enough funds to cover not only their own but also additional Hub's.

Yet, relying on our Seed Hubs' contributions can only get us so far in our commitment to provide FREE SEEDS to ANYONE who asks. Our distribution effort relies predominantly on unpaid volunteers. The organizers spend hundreds of hours of work as volunteers, and will only be compensated for a fraction of the time they spend if we raise donations for their stipends. This mission to provide free seeds is only possible with your donations!

Please dig deep and help us.

Thank you!



****NOTE:** CGC is fiscally sponsored by The Experimental Farm Network Cooperative, a 501(c)(3) non-profit based in Philadelphia.

Just a few seeds of each



Herbs

A fresh addition to every meal!



Tomatoes

Hundreds of meals & snacks!



Winter Squash

Dozens of meals!

These are a representation seeds we send a lot of!



Kale

Nutrition for meals all day!

