



Title VI Gardens Quick Guide

Title VI Funds

Title VI Part A/B funds can be used to:

- ⇒ Design and build herb, fruit, and vegetable gardens for your elders
- ⇒ Purchase garden equipment and materials
- ⇒ Hire full or part-time gardening staff
- ⇒ Hire a gardening consultant to provide advice/guidance for your program
- ⇒ Pay for official gardening-related staff training and travel expenses

Donation and Exchange Program

Through this program, you can use Part A/B funds to transport extra produce from your garden to other Title VI programs. You can also set up an exchange program with other Title VI gardens to share different types of produce. This can help you build positive relationships with other programs and allow your elders to enjoy fresh garden produce that you might not be able to grow locally.

Remember to think about the cost of shipping compared to the potential benefits when deciding whether to donate or exchange produce with other programs. Also, make sure to research and follow all applicable laws, regulations, and food safety standards when packing and shipping produce, especially if it's going out of state. If you have any questions, it's a good idea to check with your [USDA State Plant Health Director](#) first.

Why Garden?

In addition to encouraging healthier eating habits in your elders, involving them in gardening can offer many potential health benefits. It could provide them with a fulfilling project that may instill a sense of pride and purpose, while also giving them the opportunity to engage in physical activity and socialize with others.

Common Equipment & Materials

- Garden gloves
- Garden fork, spade, pruners, shears
- Garden tiller
- Hand trowel or shovel, rake, hoe
- Watering can or hose, sprinkler/system
- Wheelbarrow/garden cart
- Soil pH testing kit
- Thermometer
- Plant markers, twine, ties
- Lighting and fans *(for indoor gardening)*
- Fertilizer
- Mulch
- Weeder, pest control products *(if necessary)*

Garden Types & Resources

(No maximum limit for single purchases; however, any single purchase of \$5,000 or more is subject to ACL approval).

Container

Uses containers such as pots, hanging baskets, and window boxes.

- ⇒ [Gardening](#) [West Virginia University]
- ⇒ [Successful Container Gardens](#) [University of Illinois]

Raised or Elevated Bed

Raised beds are typically constructed to improve drainage and soil quality. Raised or elevated beds can help make gardening more accessible by minimizing the need to bend or kneel.

- ⇒ [Building Raised Beds](#) [University of Maryland]
- ⇒ [Raised Bed Gardens](#) [University of Minnesota]
- ⇒ [Raised Beds \(accessibility\)](#) [West Virginia University]
- ⇒ [Making Gardens Accessible for All](#) [PDF - City Government of Seattle, WA]

Vertical

Can be used to maximize space in small areas by growing plants vertically using a trellis, wall-mounted planter, or other structure.

- ⇒ [Vertical Gardening](#) [University of Florida]
- ⇒ [Vertical Gardening Using Trellises, Stakes, and Cages](#) [Virginia Tech]

Aquaponic or Hydroponic

Plants are grown without soil, using nutrient-rich water instead. They can be set up indoors or outdoors. Aquaponics combines aquaculture *(the raising of fish)* with hydroponics.

- ⇒ [Aquaculture and Aquaponics](#) [USDA]
- ⇒ [Aquaponics](#) [Oklahoma State University]
- ⇒ [Small-Scale Aquaponic Food Production](#) [UN]
- ⇒ [Hydroponics](#) [Oklahoma State University]
- ⇒ See "[Hydroponic Crops](#)" [University of Florida]

Greenhouse

A greenhouse is built to grow plants in a controlled environment. They can be used to extend the growing season, grow non-native plants, or protect plants from pests and harsh weather conditions.

- ⇒ [Hobby Greenhouses](#) [University of Georgia]
- ⇒ See "[Greenhouse Design and Production](#)" [University of Florida]