



## **Guidelines for Gardeners**

*for gardeners being coached  
through the Garden in a Box project*

### **Guidelines**

#### **Communication**

- You and your coach will establish clear ground rules from the beginning to ensure that you and your gardeners have similar expectations from each other and Garden in a Box.
  - How often do you plan on communicating?
  - What is the best way to communicate (text, phone, email, videoconferencing, etc.)?
  - Will you check in on a regular basis (i.e. every Monday at 2pm) or on an as needed basis?
  - Who will call whom?
- Coaches will ask questions about your garden, using the list below as a guide. This discussion will help your coach provide the best possible advice.
  - Personal goals (what to grow and why: my own salad greens, make pickles, share with grandkids, etc.)
  - Needs/Values (nostalgia, mobility concerns)
  - Container placement (full sun/part shade, windy, proximity to water source)
  - Garden history if applicable (deer and other pests, especially )
  - Time commitment and labor (How much time do you have to invest in this project? Are you doing this project alone or do you have helpers?)
- Your Garden Coach is your primary Garden in a Box advisor. UMaine Cooperative Extension and Piscataquis Regional Food Center provide additional support and advice throughout the process and over the course of the growing season.

#### **Expectations**

- Master Gardener Volunteers have committed to serving as Garden Coaches for this year's growing season. Unforeseen circumstances may arise, and coaching relationships may not work out. Establishing clear communications with your Garden Coach from the beginning will help us adapt to shifting realities. Gardeners should contact UMaine Cooperative Extension with any concerns about a Master Gardener Volunteer.

- Your coach will give you research-based advice utilizing University of Maine Cooperative Extension, State of Maine, and other Land Grant University Cooperative Extension resources
- Your garden coach CANNOT make pesticide recommendations of any kind (organic or synthetic); this includes “homemade” concoctions. If you need pesticide advice, contact UMaine Extension or the Maine Board of Pesticide Control.
- UMaine Extension Piscataquis County can print out almost any Extension publications/fact sheet you or your Garden Coach request. See the Yard & Garden Publications catalog for a detailed list.

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