



LRI/EI Wellness Employee Garden Program—Best Practices

- Start with good soil! Spend money on it—it is a key to success!
- Make sure you have access to an easy water source—you don't want to fill watering cans in the restroom!
- Provide tools like watering cans, trowels, cultivators and kneeling pads. Store them in a plastic storage container that is easily accessible so that all can share.
- Container gardening may be a better option than putting the garden in the ground. You don't have to remove existing landscaping and you can easily define each participant's gardening space.
- We found that 18" high storage containers make excellent containers for gardening—they are very low cost and the tops serve double duty using as drain pans during the summer season and then to cover the soil to keep out weed seeds and vermin in the winter. Its easy to put drainage holes in the bottom with a small hole saw.
- Let participants choose and pay for the flowers or vegetables they want to plant. It gets them invested in the garden and keeps their interest up over the growing season.
- Celebrate the success of the garden! Send out emails to other employees to encourage them to visit and enjoy the garden. Plan a celebration event at the end of the growing season so that all can share in the success. Have fun and enjoy your time together!