

# East McKinney Learning Garden

Dallas Morning News 4/18/23 Headline

**“McKinney has largest food desert in one of Texas’ wealthiest counties”**



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# East McKinney Learning Garden

## The Need and Support

### ▪ The Community Needs...

- Access to high quality food amid one of the biggest food deserts in Texas.
- An accessible public garden that welcomes everybody.
- Education regarding healthy eating and how to grow and harvest vegetables for home use.
- Resources and materials to develop a home garden.
- Vocational training supporting adults with special needs.
- Greater awareness of community resources/agencies fighting hunger, volunteer opportunities, area farms, and local businesses & events.
- More attractions that bring people to the east side – not just from the City of McKinney but from the region:
  - The site is 200 yards from the new City Hall which will house close to 1000 employees every day and host hundreds of business/governmental visitors every week. It is adjacent to the new TUPPs Brewery campus which will draw 150 people/day during weekdays and 600 people every Saturday and Sunday. During festival/holiday weekends, over 7000 people will visit the campus.
  - The site will be the most ADA compliant and usable garden in Collin County.
  - It will be certified as a Monarch Waystation.

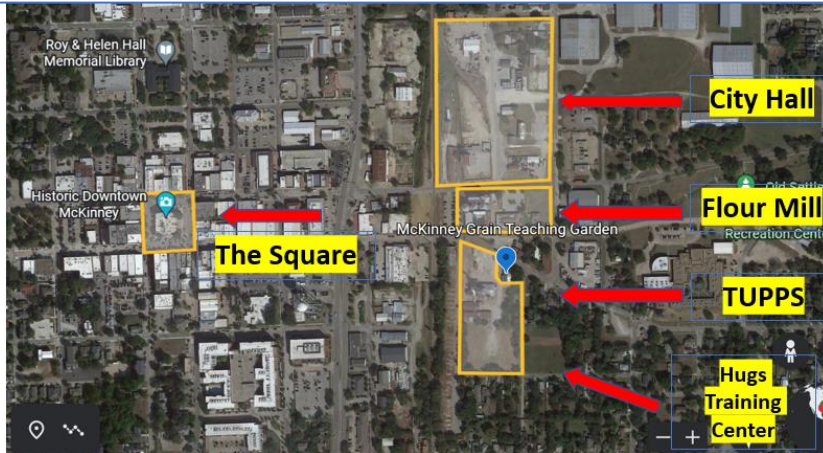
### ▪ Community Support...

- Local gardeners, plant societies, master gardeners, agency leaders, and restauranteurs have committed to 30+ learning events/classes per year.
- HUGS Café intends to use space as an outdoor classroom.
- La Tiendita intends to support the Garden through its mentorship program and to receive produce from the Garden to resell.
- TUPPS Brewery will support the Garden through discounted merch for volunteers – will also create a Garden beer.
- McKinney High School construction students will assist with Garden set-up

# East McKinney Learning Garden

## The Opportunity and Community Impact

### .25 Acre City-Owned Property in Newly Developed High Traffic Area



- McKinney Parks Foundation (MPF), a 501 (c)(3) entity with a 7 year track record of partnership with the City of McKinney and over 1400 local volunteers, will create a beautiful demonstration/teaching garden focused on healthy eating, edible gardening, and promotion of local agencies.
- Initial build will be funded through partnerships with McKinney Community Development Corp (MCDC)/McKinney Parks Recreation & Open Spaces (PROS), Texas Health Resources Foundation (THR Foundation), and local businesses/donors.
- Garden development and ongoing management will be led by MPF and will be staffed through a combination of volunteer “ownership” and paid professional garden management.
- In partnership with THR Foundation, MPF will program it with local chefs, farmers, gardeners, nursery managers, foodbank operators, parks personnel, volunteer organizations, student groups, and local businesses teaching classes and promoting area businesses and attractions. “Students” will include schoolchildren, seniors, adults with special needs, and the community at large.
- Twice a year, we will host a Grow-Your-Garden day where supplies (grow bag/raised bed, soil, and seed) and volunteers will be provided to plant a raised garden bed at residents’ homes.
- Community Garden Kitchen, La Tiendita, Hugs Café, and East McKinney Farmers Market will receive produce from the garden and, in some cases, help “manage” it through vocational programs.

**The garden will serve as a destination for learning, leisure, and relaxation. It will help tell a story about the agricultural, natural, and industrial history of the area paying homage to the east side of McKinney. Local agencies will benefit through greater awareness of services available.**

# East McKinney Learning Garden

## Design



**Includes various vegetable/flower beds, a teaching area, picnic tables, grain bin for storage, potting benches, and a harvest/wash area**

# East McKinney Learning Garden

## Programming/Curriculum

### **Learning/Class Commitments – 35 Days and Counting...**

- Collin County Master Gardeners – Barron Bozeman
- Dallas Half Acre Farm – Michael Bell
- Desert Creek Honey – Blake Shook
- East End Salvage – Robert Lyford
- H2O Solutions – Donny Spurgin
- Heard Museum – Bill Woodfin
- Native Plant Society – Rodney Thomas
- Profound Farms/Chefs Hub – Jeff Bednar
- Seed Project Foundation/Pure Land Farm – Meg Neubauer
- TAMU Agri-Life – Jeff Raska
- Urban Dirt – Piper Klee
- Waterboy Farms/Wells Group – Rick Wells

### **School Curriculum – Coordinating discussion to determine how to supplement existing area school programs...**

- Collin College
- Collin County Master Gardeners
- MISD
- Seed Project Foundation
- Texas Health Resources/North Texas Healthy Communities

# East McKinney Learning Garden

## Teaching Materials – North Texas Healthy Communities

### NOVEMBER 30 DAYS OF GRATITUDE

SUN	MON	TUE	WED	THU	FRI
1 Lend a helping hand to a family member	2 Start the day with a meditation	3 Give yourself grace	4	5	6
7 Lend a helping hand to a friend	8 Take your time while writing and enjoy the flowers	9 Listen to your favorite podcast or playlist	10	11	12
13 Lend a helping hand and sign up to volunteer with a local organization	14 Make a To-Do list and have on completing one item at a time	15 Take a nap	16	17	18
19 Lend a helping hand to a neighbor	20 Put away your phone when talking to others	21 Read or start a new book	22	23	24

Each day of the week show your gratitude by focusing on one of the following daily themes:

- Serve Others Sunday**  
Have fun getting to know someone while volunteering and/or lending a helping hand.
- Mindful Monday**  
Take time and focus your attention on your feelings, thoughts, or actions.
- Take Care Tuesday**  
You can't take care of others without also taking care of yourself. Focus on well-care.

### GRATITUDE GRANOLA JARS

Make this easy granola recipe to share with family & friends and show your appreciation. Prepare esta sencilla receta de granola para compartirla con familiares y amigos como muestra de su aprecio.

#### INGREDIENTES

- 4 tazas de avena tradicional
- 1/2 taza de nueces sin sal molidas
- 1 cucharadita de sal de mar fina
- 1/2 cucharadita de canela molida
- 1/2 taza de aceite de coco derretido o aceite de oliva
- 1/2 taza de jarabe de maple o miel
- 1/2 cucharadita de extracto de vainilla
- 1/4 de taza de frutas secas (picadas si son grandes)

#### MÉTODO

- Precaliente el horno a 350 grados Fahrenheit y cubra una bandeja para hornear con papel encerado.
- En un plato hondo grande, combine la avena, las nueces y/o semillas, la sal y la canela. Mezcle.
- Eche el aceite, el jarabe de maple y la vainilla. Mezcle bien hasta que cada trozo de avena y nuez esté ligeramente cubierto. Eche la granola en la bandeja preparada y use una cuchara grande para esparcirla en una capa uniforme.
- Hornee hasta que esté de color dorado, entre 21 y 24 minutos, mezclando una vez pasada la mitad del tiempo.
- Deje que la granola se enfríe por completo.
- Adorne con las frutas secas.
- Guarde la granola en un contenedor hermético de 8 oz.
- ¡Disfrúta y comparte con familiares y amigos!

### GIVING GRATITUDE & SHOWING THANKS

Gratitude is defined as the quality of being thankful, and readiness to show appreciation and return kindness. Practicing gratitude and giving thanks helps improve our well-being by increasing our level of happiness and overall health. Check out the list below for a few different ways you can practice gratitude.

#### SERVE OTHERS

- Drive someone to the store or for an outing
- Take someone a meal
- Ask if you can run an errand for someone
- Help a neighbor with their yard or another chore

#### BE MINDFUL

- Start the day with a meditation
- Give yourself grace
- Take a walk and notice all you are grateful for in nature
- Try journaling weekly about things you are grateful for

#### BE THANKFUL

- Give thanks to someone who helped you
- Tell someone what you appreciate about them
- Write and send a Thank You card to someone important to you
- Show your appreciation for a special loved one

#### QUALITY TIME

- Write a letter to someone you appreciate
- Plan a game night with family and friends
- Call a friend or family member you haven't talked to in a while
- Spend time laughing with a friend or family member

La gratitud se define como la cualidad de ser agradecido y la disposición a demostrar aprecio y devolver la amabilidad. Al aumentar nuestro nivel de felicidad y salud en general, ser agradecido/a ayuda a mejorar nuestro bienestar. Revise la lista a continuación para ver algunas maneras de practicar la gratitud.

#### SIRVA A LOS DEMÁS

- Lleve a alguien a la tienda o a dar un paseo en auto
- Lleve a alguien a comer
- Pregunte si puede hacer algo por alguien
- Ayude a un vecino con su patio u otra tarea doméstica

#### ATENCIÓN PLENA

- Empiece el día con una meditación
- Téngase paciencia
- Salga a caminar y note todas las cosas de la naturaleza por las cuales siente gratitud
- Intente llevar un diario semanal sobre las cosas por las cuales está agradecido/a

#### AGRADECIMIENTO

- Dé las gracias a alguien que le ayude
- Díle a alguien lo que aprecias de ellos
- Escriba y envíe una tarjeta de agradecimiento a alguien importante para usted
- Demuestre su aprecio por un ser querido especial

#### TIEMPO DE CALIDAD

- Escríbele una carta a alguien a quien aprecias
- Planee una noche de juegos con familiares y amigos
- Lláme a un amigo o familiar con quien no haya hablado en mucho tiempo
- Pase tiempo riendo con un amigo o familiar

### ¡COMA SUS Verduras!

Como sus verduras de hoja verde durante el Mes de la Historia Negra y todo el año. La berza o col romana (rotund green, en inglés), un cultivo económico, es una de las pocas verduras que los esclavos afroamericanos tenían permitido cultivar, conservar y cocinar para sí mismos. Esta poderosa fuente de nutrientes ha sido preparada durante generaciones y sabe maravillosa con otras verduras, como hojas de mostaza y de nabo.

La mezcla de verduras se agrega a un caldo cálido con carne atunada y luego se cocina a fuego lento hasta que están suaves. A menudo se agregan cebollas, vinagre, sal y especias. Las berzas, las hojas de nabo y de mostaza y su caldo cálido — conocido como pot liquor, o "sopa de col" — brindan los siguientes beneficios nutricionales:

- RIESGO REDUCIDO DE ANEMIA
- ALTA EN VITAMINAS A, C, E, K
- ALTA EN FIBRA
- ALTA EN POTASIO
- ALTA EN MAGNESIO
- ALTA EN CALCIO
- ALTA EN FOLATO
- ALTA EN VITAMINA B6
- ALTA EN VITAMINA B9
- ALTA EN VITAMINA K
- ALTA EN VITAMINA C
- ALTA EN VITAMINA E
- ALTA EN VITAMINA A
- ALTA EN VITAMINA B1
- ALTA EN VITAMINA B2
- ALTA EN VITAMINA B3
- ALTA EN VITAMINA B5
- ALTA EN VITAMINA B7
- ALTA EN VITAMINA B12
- ALTA EN VITAMINA D
- ALTA EN VITAMINA D3
- ALTA EN VITAMINA D2
- ALTA EN VITAMINA D4
- ALTA EN VITAMINA D5
- ALTA EN VITAMINA D6
- ALTA EN VITAMINA D7
- ALTA EN VITAMINA D8
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- ALTA EN VITAMINA D26
- ALTA EN VITAMINA D27
- ALTA EN VITAMINA D28
- ALTA EN VITAMINA D29
- ALTA EN VITAMINA D30

### TACO DE CAMOTE CON COL RIZADA

#### MA PICANTE DE FRIJOLES NEGROS

por Chef V To Taste

HEALTHY COMMUNITIES

Ingredientes:

- 1 taza de col rizada
- 1/2 taza de aceite de oliva extra virgen
- 1/2 taza de cebolla (picada)
- 1/2 taza de ajo (finamente picado)
- 1/2 taza de chile en polvo
- 1/2 taza de comino
- 1/2 taza de camote sin cáscara (en cubos de 1/2 pulgada)
- 1/2 taza de sal
- 1/2 taza de col rizada (1 atado picado) — use más o según lo que prefiera

Decoración:

### Heart Healthy Tips & Tricks + Heart-Warming Soup recipe

A healthy heart is central to overall good health. Getting daily exercise, choosing the right foods and getting the proper amount of sleep will benefit the entire body!

#### HOW TO EAT TO KEEP YOUR HEART HEALTHY

- Eat an overall diet of that emphasizes a wide variety of Fruits and Vegetables
- Get your protein from plants such as legumes and nuts, low-fat or nonfat dairy; if you eat meat and poultry, opt for lean and unprocessed
- Minimize intake of added sugar
- Limit alcohol

#### HOW TO MOVE TO KEEP YOUR HEART HEALTHY

- Aerobic Exercise improves circulation, which results in lowered blood pressure and heart rate
- Resistance Training helps reduce fat and create leaner muscle mass
- Flexibility is a critical part of being able to maintain aerobic exercise and resistance training
- Ideally move at least 30 minutes per day, five days a week

#### KALE & RED QUINOA SOUP

- 1 1/4 5 oz. can whole tomatoes, rinsed and drained
- 4 cups chopped kale (discard any stems)
- 2 cups low sodium vegetable broth
- 1/2 cup red quinoa
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 cup chopped red onion
- 1 tablespoon olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

\*\*Put all the ingredients in the slow cooker. Cook 6-8 hours on high or 2-3 hours on low.

Content courtesy of American Heart Association.

- Recipes
- Gratitude Calendar
- Produce Prep Guide
- Environmental Impact Tips
- Nutrition Information
- Seeds

# East McKinney Learning Garden

## Preliminary Budget & Funding

	Construction - One			
	Time Expense		Ongoing	Grand Total
<b>Fundraise</b>	\$ 86,970		\$ 42,000	\$ 128,970
Bed Construction	\$ 59,220			\$ 59,220
Garden Management	\$ 2,000		\$ 24,000	\$ 26,000
Programming & Admin			\$ 15,000	\$ 15,000
Seating	\$ 8,250			\$ 8,250
Plants & Medium	\$ 4,000		\$ 3,000	\$ 7,000
Structures	\$ 6,000			\$ 6,000
Aesthetics	\$ 4,500			\$ 4,500
Signage & Labels	\$ 3,000			\$ 3,000
<b>City</b>	\$ 79,500		\$ 2,400	\$ 81,900
Structures	\$ 57,500			\$ 57,500
Site Prep	\$			\$ 18,000
Garden Management			\$ 6,400	\$ 6,400
Aesthetics				
Seating				
<b>Grand Total</b>	<b>\$ 166,470</b>		<b>\$ 44,400</b>	<b>\$ 210,870</b>

ADJUSTING CITY BUDGET  
 BASED ON BID SPECS

# East McKinney Learning Garden

## Sponsorship Opportunities

Tier	Pledge Amount	Number	Total
Cultivator	\$ 50,000	1	\$ 50,000
Grower	\$ 25,000	2	\$ 50,000
Harvester	\$ 10,000	5	\$ 50,000
Sower	\$ 5,000	10	\$ 50,000
Sustainer	\$ 1,000	20	\$ 20,000
Friend	\$ 100	40	\$ 4,000
		<b>TOTAL:</b>	\$ 224,000
		<b>Year 1 Need:</b>	\$ 128,970
		<b>Year 2 Need:</b>	\$ 42,000
		<b>Year 3 Need:</b>	\$ 42,000
		<b>TOTAL:</b>	\$ 212,970



# East McKinney Learning Garden

Supporters & Progress – 2/16/24

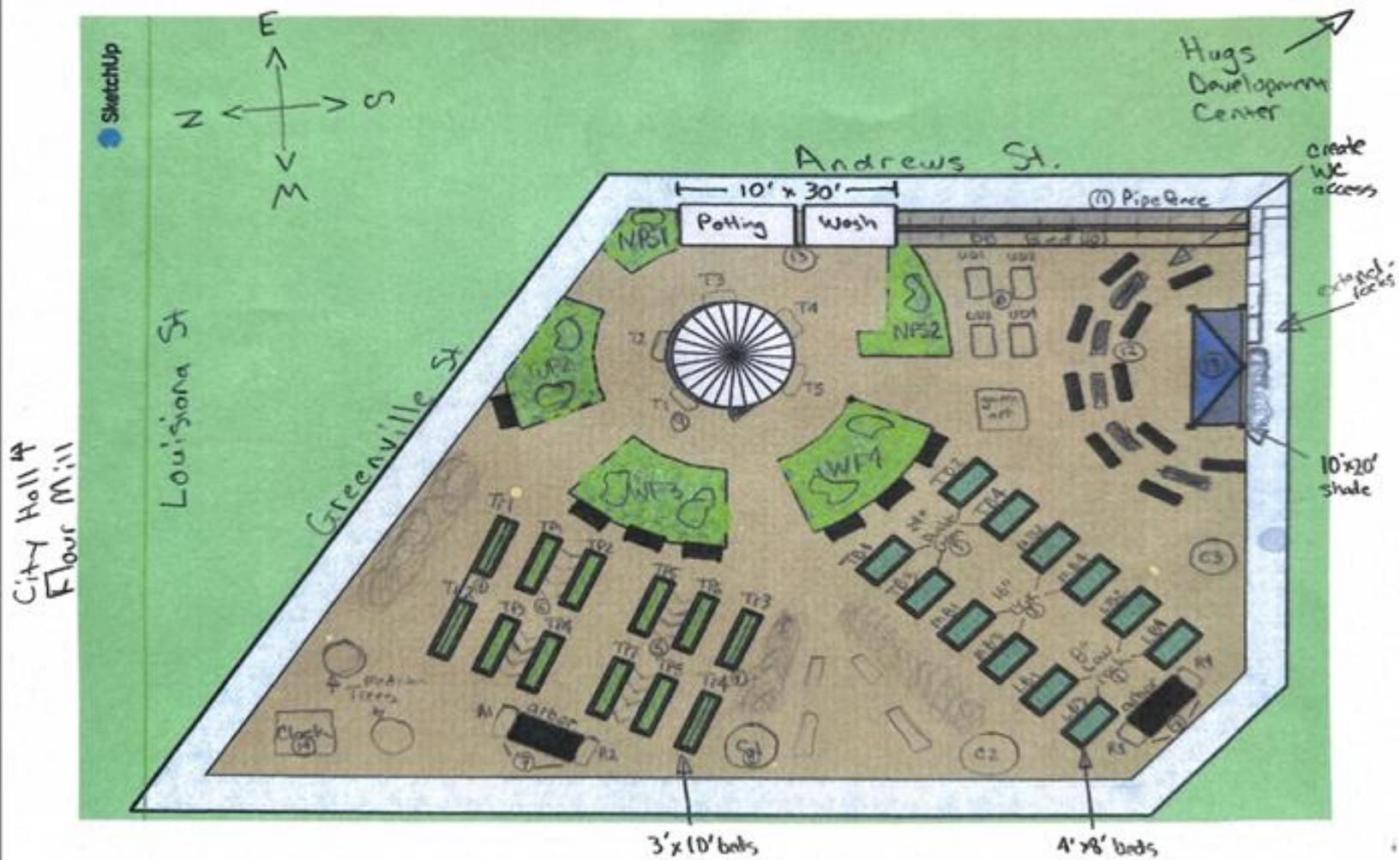
<b>GOAL (1st Year): \$128,970</b>	<b>Goal (3 Years): \$212,970</b>	<b>RAISED: \$134,718</b>
	<b>Cultivator</b>	
	<b>Grower</b>	
	Steve & Melissa Grimshaw	
	<b>Harvester</b>	
David & Carolyn Brooks	Bill & Pris Darling	Encore Wire
Kim & Laura Eubanks	Terry & Missy Gottberg	H-E-B
Independent Financial	Bruce & Shelley Mead	
	<b>Sower</b>	
CamWesT Companies	Andy & Kris Lowes	Dreamcatchers
	<b>Sustainer</b>	
James Bresnahan	Kelly & Russ Buettner	Megan, Allan & Quinn Couch
Scott & Windy Gallagher	Local Yocal	McKinney Hat Company
Profound Microfarms	Eric & Anne Witte	Zimmerer Kubota
	<b>Friends of the Garden</b>	
Bootstrap Famer	Community Impact	D&L Farm & Home
Franklin Land Company	Simpson Strong-Tie	Tractor Supply Company
	<b>Art Sponsor</b>	
	David Craig	
	<b>GoFundMe Supporters</b>	
	\$40	

# East McKinney Learning Garden

## Timeline

	<b>Start Date</b>	<b>End Date</b>
<b>Finalize Fundraising Budget</b>	6/30/2023	6/30/2023
<b>MCDC Final Approval</b>	7/27/2023	7/27/2023
<b>Site Plan Created/Finalized</b>	9/1/2023	2/23/2024
<b>Offsite Bed Construction</b>	10/1/2023	3/15/2024
<b>Materials Purchase</b>	7/27/2023	4/23/2024
<b>Initial Fundraise</b>	7/27/2023	4/23/2024
<b>City Contracts Site Work</b>	2/23/2024	6/15/2024
<b>MPF Site Installation</b>	6/1/2024	7/15/2024
<b>Grand Opening</b>	Q3 2024	

# East McKinney Learning Garden Design



Includes various vegetable/flower beds, a teaching area, picnic tables, grain bin for storage, potting benches, and a harvest/wash area

# East McKinney Learning Garden

## Features



LB1-LB4

4x8x8 - \$150



MB1-MB4

4x8x12 - \$650



TB1-TB4

4x8x24 - \$760



TR1-TR4

3x10x4 - \$350

**Includes various vegetable/flower beds, a teaching area, picnic tables, grain bin for storage, potting benches, and a harvest/wash area**

# East McKinney Learning Garden

## Features



TP1-TP8

3x10x20 - \$750



UD1-UD4

Tbd - \$600



R1-R4

1x4x8 - \$60



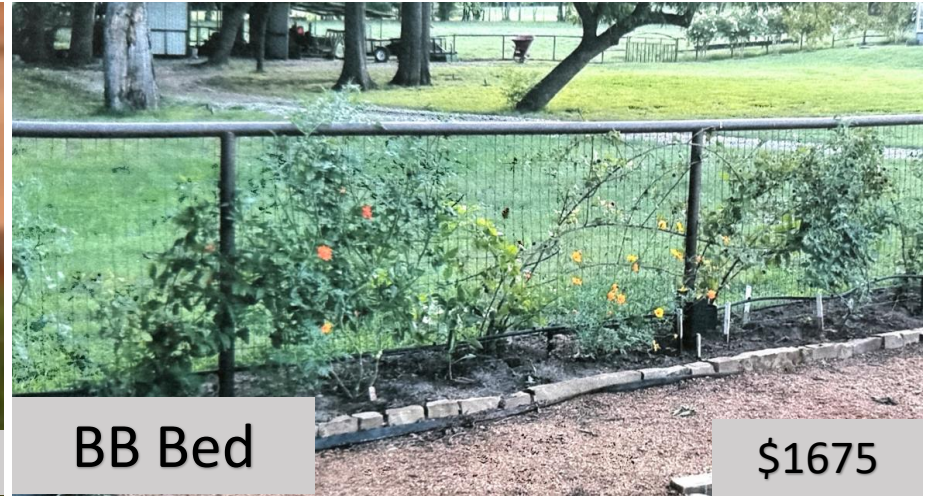
C1-C3

6x2 round - \$300

Includes various vegetable/flower beds, a teaching area, picnic tables, grain bin for storage, potting benches, and a harvest/wash area

# East McKinney Learning Garden

## Features



Includes various vegetable/flower beds, a teaching area, picnic tables, grain bin for storage, potting benches, and a harvest/wash area

# East McKinney Learning Garden

## Features



Grain Bin

18 ft diameter

**Includes various vegetable/flower beds, a teaching area, picnic tables, grain bin for storage, potting benches, and a harvest/wash area**

# East McKinney Learning Garden

## Bed Build Progress



Universal Design Prototype (UD), Galvanized TeePee (TP), Cedar (MB)



# East McKinney Learning Garden

## Current Activities and Needs

Activities	Needs/Asks
<b>Fundraising &amp; Budget</b>	<ul style="list-style-type: none"><li>• Need additional support to fully fund the Garden for 3 years.</li><li>• Provide introductions to friends, local businesses, and foundations who align with the mission and would like to offer financial or in-kind support.</li><li>• Adjusting City budget based on bid specs. May require prioritization of build-out.</li></ul>
<b>Fill Committee Leadership Positions</b>	<ul style="list-style-type: none"><li>• Creating the following committees: Steering, Community, Programming/Curriculum, Volunteer.</li></ul>
<b>Community/ Volunteer Support</b>	<ul style="list-style-type: none"><li>• Help drive awareness of the Garden and solicit residents to participate in meetings to discuss programming, use, and volunteer opportunities.</li></ul>
<b>Bed Construction – Offsite</b>	<ul style="list-style-type: none"><li>• We are currently building raised beds offsite. Carpentry and unskilled labor needed!</li></ul>
<b>On-Site Skilled and General Labor</b>	<ul style="list-style-type: none"><li>• Needs include: site layout, irrigation supplies &amp; installation, rock/brick work, pipe fence construction, and workday labor (early May).</li></ul>
<b>Programming</b>	<ul style="list-style-type: none"><li>• Provide ideas and contacts for people/organizations to conduct classes in the Garden (especially interested in multi-cultural classes). Can be adult or kid focused.</li></ul>

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# East McKinney Learning Garden



<https://www.gofundme.com/f/east-mckinney-learning-garden-emlg>

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