



FREE COURSE



brought to you by:
LC Career Center

Grow Where You Are

A Step-by-Step Guide to Growing in Small Spaces and Building Food Resilience



EMPOWERROOTS



Developed in collaboration by LC Care Center
Conscious Connections Funded by the Mayor's Office
of Sustainability & Resilience and Nature's Candy
Farms

2025



www.lccareercenter.com



**MAYOR'S OFFICE OF
Sustainability
and Resilience**

Welcome to Grow Where You Are

An ATL R.O.O.T.S. Learning Series on Food Resilience and Community Empowerment



This course is part of ATL R.O.O.T.S. — a grant-funded initiative focused on advancing food resilience, sustainability, and skill-building across Atlanta.

Developed by LC Career Center in collaboration with Conscious Connection and supported by Nature's Candy Farms and the Mayor's Office of Sustainability & Resilience, this program invites you to reclaim your connection to food, land, and community.

In this 8-week hybrid course, you'll learn hands-on community gardening techniques and explore how vegetable growing can support wellness, economic opportunity, and neighborhood transformation.



Live Program Starts: June 24
Raffle & Kickoff Event: June 22 @ Hillside International Truth Center
Access your course online at: LCcareercenter.com

* This workbook is your companion throughout the course. Use it to reflect, take notes, track growth, and complete key steps along your learning journey.

Your Learning Journey

A Step-by-Step Guide to Success

Your Learning Journey

Step 1: Register Online & Confirm Access

Head to lccareercenter.com and complete your course registration. You'll receive login credentials for the learning platform.

Step 2: Attend the Kickoff Event

 **June 22 at Hillside**


Join us for the in-person launch event! Meet your instructors, connect with fellow learners, and get your starter kit.

Step 3: Starting June 24


Log in to access your first lessons.

Work at your own pace, and complete the check-in activities every week.

Step 4: Complete Your Assignments & Reflections

 Use this workbook to track your learning, take notes, and respond to reflection questions in each module.

Step 5: Share Your Progress & Connect


 Join discussions and share photos of your setup, growth, or ideas in the community space.

Step 6: Celebrate Your Completion

 **End-of-course Celebration + Certificate**

Finish strong and receive your certificate online and at our wrap-up event. Be proud of your growth — and keep cultivating!



 You're not alone. Check your portal for updates, connect with instructors, and reach out if you need support along the way. This journey is about progress, not perfection.

LEARNING MODULES:

Grow Where You Are – Community Gardening for Resilience




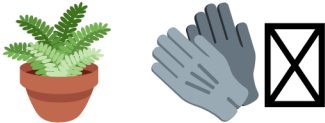



- 1 Week 1 – Orientation & Garden Planning**
Set your goals, sketch your space, and choose what to grow. Learn how to plan your garden based on climate, space, and community needs.
- 2 Week 2 – Soil, Compost & Regenerative Practices**
Understand your soil. Learn how to build healthy beds, compost scraps, and restore fertility to urban or depleted land.
- 3 Week 3 – Prepping & Planning for Transplanting**
Start seeds indoors or directly in the ground. Learn germination tips, seedling care, and how to harden off and transplant successfully.
- 4 Week 4 – Watering, Mulching & Pest Management**
Master core garden maintenance techniques. Prevent pests and weeds, and support soil moisture with mulching strategies.
- 5 Week 5 – Garden Harvesting & Storage**
Know when and how to harvest leafy greens, herbs, and root crops. Learn basic post-harvest care and short-term storage.
- 6 Week 6 – Garden Storytelling & Teaching Others**
Explore how your garden can be a tool for teaching youth, elders, neighbors, or classrooms.
- 7 Week 7 – Garden-Based Business Ideas**
Discover ways to turn small harvests into side income: herb bundles, veggie shares, compost sales, seedling swaps, and more.
- 8 Week 8 – Celebration & Community Legacy**
Celebrate your harvest, share reflections, and consider how to sustain or expand your garden with support from your community.



Getting Started Checklist



<p>BEFORE YOU BEGIN / ORIENTATION</p>	<p>TASKS</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Registered online <input type="checkbox"/> Received login info <input type="checkbox"/> Reviewed welcome & learning pages <input type="checkbox"/> Marked course start date
<p>TECH SETUP</p>	<p>TASKS</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Can access course on device <input type="checkbox"/> Can open PDFs/links <input type="checkbox"/> Know where to get tech help
<p>MINDSET & SPACE</p>	<p>TASKS</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Set weekly study time <input type="checkbox"/> Choose a learning space <input type="checkbox"/> Ready to ask for support
<p>MATERIALS</p>	<p>TASKS</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Starter kit received or scheduled (if applicable) <input type="checkbox"/> Notebook ready for reflections <input type="checkbox"/> Have WiFi access
<p>COMMUNITY</p>	<p>TASKS</p>
	<ul style="list-style-type: none"> <input type="checkbox"/> Joined community board (if applicable) <input type="checkbox"/> Shared goal or question <input type="checkbox"/> Know how to reach instructors



WEEK 1 – Getting Started: Course Orientation & Grow Space Setup

Set up your learning space and prepare your materials.

Overview:

Welcome to Grow Where You Are! This week is all about getting ready. You'll set your intentions for this 8-week journey, get familiar with your workbook and learning portal, and most importantly – begin planning your garden space.

Whether you have a yard, porch, container, or community plot, you'll learn how to map your space and gather materials that work for your budget and goals.

Key Concepts:

- What to expect from this course
- Choosing a garden space or container setup
- Basic supplies checklist (seeds, gloves, soil, watering tools)
- Garden location considerations (sunlight, drainage, spacing)
- Planning for low-cost, small-scale growing

Reflection Prompt:

- What made you want to start gardening or growing food?
- What kind of space do you have access to for growing plants or vegetables?

★ Fun Fact – Did you know?

- Some of the most productive gardens are grown in containers, buckets, or small balconies – it's not about how much space you have, it's how you use it!

Action Step:

Take a photo or draw a sketch of your garden plan or space. Upload it to the course portal or notebook.



✳ You're not alone. Check your portal for updates, connect with instructors, and reach out if you need support along the way. This journey is about progress, not perfection.





WEEK 2 – Foundations of Food Sovereignty

Understanding why growing food matters — and how mushrooms fit into community resilience

Overview:

This week, we're digging into the foundation of every good garden: the soil. You'll learn how to assess your soil, enrich it with compost, and begin building healthier ground over time using regenerative practices. Whether you're growing in pots or in the ground, your garden's success starts here.

Key Concepts:

- What makes soil healthy
- Composting basics and using food scraps
- How to build soil in small spaces
- Understanding drainage, aeration, and structure
- Regenerative gardening principles

Reflection Prompt:

- What kind of soil or growing surface are you working with?
- What's one habit you could start to help build better soil — even if it's small?

★ Fun Fact – Did you know?

- Compost isn't just fertilizer — it's a living system full of microbes that feed your plants, suppress disease, and improve water retention.

📝 Action Step:

- Start a compost container or gather organic scraps.
- Make a list of items you could compost from your kitchen, garden, or neighborhood.





WEEK 3 – Seed Starting & Transplanting

Learn to grow from seed, care for seedlings, and transplant into your garden with confidence

Overview:

Now that your soil is prepared, it's time to get growing! This week, you'll explore how to start seeds — either directly in the ground or indoors using trays or containers. You'll learn how to care for your seedlings, prevent early mistakes, and successfully transplant young plants into your garden when they're ready.

Key Concepts:

- Seed germination basics
- Starting seeds indoors vs. direct sowing
- Light, warmth, and watering for seedlings
- Thinning and "hardening off"
- When and how to transplant

Reflection Prompt:

- Have you ever planted something from seed? What happened?
- What growing method works best for your space — direct sowing or containers?

🌟 Fun Fact – Did you know?

Some seeds, like carrots and arugula, are best direct sown in soil — but others, like tomatoes and peppers, do better when started indoors and transplanted.

🌟 Action Step:

Choose at least one plant to start from seed this week.

Label the container, track its progress, and share a photo once it sprouts!





WEEK 4 – Inoculation & Substrate Prep

Hands-on: prepare your materials and introduce your spawn.

Overview:

This week is all about garden care — the practices that help your plants thrive once they're in the ground. You'll learn how to water efficiently, retain moisture using mulch, and identify signs of pests or stress. These habits reduce labor, improve yield, and make your garden more resilient through the season.

Key Concepts:

- Best times to water + how much is enough
- Benefits of mulching (moisture, weed control, soil health)
- Common pests (aphids, caterpillars, beetles)
- Non-toxic ways to protect your plants
- Garden observation and early intervention

Reflection Prompt:

- What challenges have you had in the past with garden care — watering? pests? overgrowth?
- What's one technique from this week you're most excited to try?

★ Fun Fact – Did you know?

- A 2-inch layer of mulch can reduce water evaporation by up to 70% and suppress most weeds — making your garden more self-sustaining.

★ Action Step:

- Mulch one bed, row, or container this week.
- Use shredded leaves, straw, newspaper, cardboard, or compost — and take a photo of the before-and-after.



"The best fertilizer is the gardener's shadow." — Proverb



Week 5 – Garden Harvesting & Storage

Learn when and how to harvest your crops — and how to preserve freshness and quality

Overview:

This week, you'll learn how to recognize harvest time for different types of vegetables, herbs, and leafy greens. You'll also practice gentle harvesting techniques and learn simple storage methods to keep produce fresh. Whether you're growing for yourself or sharing with others, knowing when and how to harvest makes a big difference in flavor, nutrition, and shelf life.

Key Concepts:

- Signs that crops are ready to harvest
- How to harvest leafy greens, herbs, and root veggies
- Handling produce with care
- Short-term storage methods (room temp, fridge, wrapping)
- Tips for minimizing waste and spoilage

Reflection Prompt:

- What was your first harvest like?
- How will you use or share your garden produce?

★ Fun Fact – Did you know?

- Most herbs taste best when harvested early in the morning, before the sun pulls moisture and oils from the leaves.

★ Action Step:

- Choose one item in your garden to harvest this week.
- Record when you harvested, how you stored it, and what you did with it (cook it, share it, preserve it).
- Optional: Take a photo of your harvest and tag it #GrowWhereYouAre!





Week 6 – Garden Storytelling & Teaching Others

Learn to document your journey and inspire others through your growth

Overview:

This week, we explore how gardens are more than just food – they're also stories, tools, and classrooms.

Whether you're working with youth, elders, neighbors, or just journaling for yourself, you'll learn how to document your garden journey, reflect on the process, and teach what you've learned. Sharing your story can empower others to grow, too.

Key Concepts:

- Reflective journaling for gardeners
- Capturing growth through photos or notes
- Teaching others by showing, not telling
- Gardening as a tool for storytelling and healing
- Sharing progress in community spaces (social media, schools, workshops)

Reflection Prompt:

- What has your garden taught you so far – about plants, patience, or people?
- Who do you want to share your garden story with?

★ Fun Fact – Did you know?

- Studies show that documenting a project – even with quick notes or photos – increases learning, motivation, and memory retention by more than 40%.

★ Action Step:

- Choose one moment or lesson from your gardening journey so far.
- Write a reflection, record a short voice note, or share a photo that tells your story.
- Optional: Post it or share it in your learning group with a caption: "Here's what my garden has taught me so far."



"If you have a garden and a library, you have everything you need." — Cicero



Week 7 – Garden-Based Business Ideas

Explore creative ways to turn your garden skills into income or community value
how mushrooms can support healing, income, and community empowerment

Overview:

Whether you're growing in a backyard, a balcony, or a shared plot — your harvest has value. This week, you'll explore ways to monetize your garden or create resource exchanges that support your household and community. From herb bundles and compost sales to seedling swaps and micro-markets, small actions can spark big opportunity.

Key Concepts:

- Selling herbs, bundles, or veggie shares
- Offering garden tours or teaching demos
- Creating DIY compost or worm bin kits
- Making salves, teas, or seasoning blends
- Hosting workshops or youth gardening days
- Bartering produce or seedlings for goods/services

Reflection Prompt:

- What's one thing you grow that could be shared, sold, or exchanged?
- How might you use your garden skills to support yourself or someone else?



🌟 Fun Fact – Did you know?

- A single basil plant can produce enough leaves in one season to make over 25 mini bundles, which some gardeners sell for \$2–\$5 each at local markets.

🌟 Action Step:

- Choose one micro-business idea from this week.
- Sketch it out: What would you offer? How would you price or share it?
- Give your idea a name — and imagine how you could launch it in your community.





WEEK 8 – Celebration & Community Legacy

Reflect on your journey and plant seeds for what's next
— in your garden and your community

Overview:

You've made it through eight weeks of growth, learning, and action. This final week is about celebration and legacy. You'll reflect on your progress, share your wins, and explore ways to keep the garden going — whether that's starting a new season, involving others, or building long-term community partnerships

Key Concepts:

- Harvesting lessons learned
- Gratitude and reflection practices
- Community sharing and garden storytelling
- Planning your next growing season
- Mapping out long-term goals: teach, mentor, expand, collaborate

Reflection Prompt:

- What's something you're proud of from this course?
- How do you want your garden (or your knowledge) to continue growing in the future?

✦ Fun Fact – Did you know?

Sharing garden skills with even one other person doubles the impact of your knowledge — and creates ripple effects for generations to come.

✦ Action Step:

- Write a short "Mushroom Reflection" in your journal:
- What did you learn?
- What did you grow (literally or metaphorically)?
- What's your next step?
- Optional: Share a photo or story with the course community or on social media with the hashtag #GrowWhereYouAre.



MY GARDENING LEARNING TRACKER

 Track your weekly progress, reflections, or questions

WEEKS 1-4:

- WEEK 1 – Orientation & Garden Planning**
 - Completed
 - Reflected
 - Notes:
 -

- WEEK 2 – Soil, Compost & Regenerative Practices**
 - Completed
 - Reflected
 - Notes:
 -

- WEEK 3 – Seed Starting & Transplanting**
 - Completed
 - Reflected
 - Notes:
 -

- WEEK 4 – Watering, Mulching & Pest Management**
 - Completed
 - Reflected
 - Notes:
 -

MY GARDENING LEARNING TRACKER

 Track your weekly progress, reflections, or questions

WEEKS 5 - 8:

WEEK 5 – Garden Harvesting & Storage

Completed

Reflected

Notes:

WEEK 6 – Garden Storytelling & Teaching Others

Completed

Reflected

Notes:

WEEK 7 – Garden-Based Business Ideas

Completed

Reflected

Notes:

WEEK 8 – Celebration & Community Legacy

Completed course

Reflected on journey

Notes:

THANK YOU FOR GROWING WITH US AN ATL R.O.O.T.S. LEARNING SERIES

✨ Closing Message:

This workbook was designed to support your growth, curiosity, and resilience.

Whether you harvested your first mushroom, shared knowledge with a neighbor, or simply reflected on your relationship to food — that's growth worth celebrating. We hope you continue planting, sharing, and building community wherever you are.

🤝 Acknowledgments:

This learning series was made possible through support from:

- 🌱 The Mayor's Office of Sustainability & Resilience
- 🌱 Nature's Candy Farms
- 🌱 Conscious Connection
- 📖 LC Career Center & EmpowerRoots

📱 Stay Connected:

- 🌐 Visit: LCcareercenter.com
- ✉ Email: support@lccareercenter.com
- 📷 Share your journey: #GrowWhereYouAre #ATLROOTS



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