

Community Gardens at Mulford - Good Neighbor Guidelines

1. Mulford is providing fenced land, tillage, water and parking to individuals and families desiring a small garden space of their own at no charge. The Garden is open daily from dawn to dusk. You are welcome to tend to your plot at a time that is best for your schedule.
2. Plots are assigned on a first come/first serve basis. One plot per household. Gardeners who have previously gardened at the site are given preference. The 6` walkway between each individual garden must be maintained. Obstructions in walkways will be removed or mowed off.
3. Children are welcome in the garden but must be accompanied by an adult and must be supervised at all times. Please DO NOT let your children walk through or pick from other gardener's plots.
4. **Safety:** please park on the blacktop area, and always double check for children playing in the parking lot before backing out. We realize that there may be an occasional need to drive into the garden area to offload or reload equipment. Please obtain permission from the Garden Coordinator ahead of time if you need to do this and use spotters to make sure the area is clear of children.
5. Please contribute to the general upkeep of the garden. If you see trash lying on the ground, please pick it up and place in garbage. Carry your own trash out of the garden area and deposit securely in the trash can beside the gate. If you see weeds in the common areas, please take a moment to pull a few.
6. A limited number of tools will be available for use in the garden. These tools must be returned to the tool rack daily. Do not leave tools in the grass. They may be damaged by the mower and they create a hazard to other gardeners. If you bring your own tools make sure they are marked with your name.
7. Please keep garden gate closed at all times to help keep the deer and rabbits on the outside.
8. A Compost Site will be designated for the disposal of plant material. Weeds may be pulled and disposed of in the compost site.
9. Courtesy - It is our hope that conversation and social interaction over the garden season will lead to genuine friendships, and informal cooperation. Be considerate of your neighbor. The garden is to be a tranquil place for work, building friendships, and quiet meditation. Please limit your music preferences to a headset.
10. Pets are not allowed in the garden.
11. If you have an abundance of vegetables and would like to contribute a portion of your harvest to the Saturday morning produce stand, you are welcome to do so. These should be items picked on Friday for freshness. Most of the people that visit the free produce stand take only what they can use that week and may be unable to work in a garden plot. This produce is offered with no strings attached. Buckets will be made available for donations.
12. No smoking inside the garden. Please extinguish cigarettes in sand bucket by the gate.

13. Water tanks are located throughout the garden. You may use water from the tank that is most convenient for you.
14. Do not put any additives in the water tanks, i.e., fertilizer, insecticide, etc.... You may do this in your own watering can / bucket following label directions.
15. Each gardener is responsible for the maintenance and upkeep of their own garden plot. If you need to have a friend help maintain your plot in case of an illness or absence, please email the name(s) to the Garden Coordinator ahead of time to help with safety in knowing who should be in the garden. If circumstances arise to prevent you from caring for your plot, contact the garden coordinator to make special arrangements.
16. If any plot remains unattended for more than three weeks it is subject mowing off unless special arrangements have been made.
17. Gardeners may harvest vegetables and flowers from their garden only.
18. No perennials or overwintering root vegetables, as you may not receive the same plot in successive seasons. All plants must be legal and for personal consumption.
19. At the end of the growing season, gardeners are responsible for clearing their plot of all planting materials and leaving the plot as they found it in the spring.
20. The application of herbicides (weed killers) to the garden plots is prohibited without permission from the garden coordinator. If an insect product is needed, follow label directions and be mindful of the wind so as not to cause drift onto someone else's plot. If you need help determining what product to use contact the garden coordinator.
 - a. **In the event that any form of pesticide or fungicide is used, only those authorized by the Environmental Protection Agency (EPA) gardening purposes may be used. All containers containing pesticides must be disposed of according to the package directions. Read and follow the guidelines provided with these products regarding their use and storage. Even all natural products may be hazardous These products should also be kept in a secure area that is not accessible to children. Sometimes these products require the user to mix them with water or another substance. If product is mixed with water and/or used in another container, please mark container as to product it contains. The products' directions should be a carefully followed in these situations and the person mixing them should be wearing appropriate protective equipment and clothing (gloves, masks, goggles, etc.). These kinds of protective equipment and clothing should also be worn when applying fertilizers or pesticides. Produce that has been treated with chemicals must be thoroughly washed before consuming. <http://www.iowaagriculture.gov/pesticides.asp>**
21. Summer gardening comes with a risk of heat exposure. The Mulford Garden Team recommends reading the attached *Frequently Asked Questions (FAQ) About Extreme Heat* published by the Centers for Disease Control and Prevention (CDC).

As we continue to open and share the abundant land with which we have been blessed with our community, we are learning as we go. Please be sure and share your ideas for improving the gardening experience. If there are problems or issues you need resolved, please email or text those right away to the garden coordinator so we can

quickly address them. Please remember that most of our volunteers also hold down full-time jobs, have families, and busy lives, but will respond to your need as soon as they are able. Thank you for partnering with us in using the land to lead healthier lifestyles through gardening!

Sincerely,

The Mulford Garden Team

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<http://www.mulfordchurch.org/mulford-community-garden.html>
(Updates will be posted on this web page)

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<http://www.bt.cdc.gov/disasters/extremeheat/faq.asp>

Frequently Asked Questions (FAQ) About Extreme Heat

What happens to the body as a result of exposure to extreme heat?

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, youth (age 0-4), obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug use and alcohol use.

Who is at greatest risk for heat-related illness?

Those at greatest risk for heat-related illness include infants and children up to four years of age, people 65 years of age and older, people who are overweight, and people who are ill or on certain medications.

What is heat stroke?

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

What are the warning signs of a heat stroke?

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What should I do if I see someone with any of the warning signs of heat stroke?

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

What is heat exhaustion?

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

What are the warning signs of heat exhaustion?

The warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. See medical attention if symptoms worsen or last longer than one hour.

What steps can be taken to cool the body during heat exhaustion?

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing.

What are heat cramps and who is affected?

Heat cramps are muscle pains or spasms – usually in the abdomen, arms, or legs – that may occur in association with strenuous activity. People who sweat a lot during strenuous activity are prone to heat cramps. This sweating depletes the body's salt and moisture. The low salt level in the muscles causes painful cramps. Heat cramps may also be a symptom of heat exhaustion. If you have heart problems or are on a low-sodium diet, seek medical attention for heat cramps.

What should I do if I have heat cramps?

If medical attention is not necessary, take the following steps:

- Stop all activity and sit quietly in a cool place.
- Drink clear juice or a sports beverage.
- Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke.
- Seek medical attention for heat cramps if they do not subside in 1 hour.

What is heat rash?

Heat rash is a skin irritation caused by excessive sweating during hot, humid weather. It can occur at any age but is most common in young children. Heat rash looks like a red cluster of pimples or small blisters. It is more likely to occur on the neck and upper chest, in the groin, under the breasts, and in elbow creases.

What is the best treatment for heat rash?

The best treatment for heat rash is to provide a cooler, less humid environment. Keep the affected area dry. Dusting powder may be used to increase comfort.

Can medications increase the risk of heat-related illness?

The risk for heat-related illness and death may increase among people using the following drugs: (1) psychotropic's, which affect psychic function, behavior, or experience (e.g. haloperidol or chlorpromazine); (2) medications for Parkinson's disease, because they can inhibit perspiration; (3) tranquilizers such as phenothiazines, butyrophenones, and thiozanthenes; and (4) diuretic medications or "water pills" that affect fluid balance in the body.

How effective are electric fans in preventing heat-related illness?

Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Air conditioning is the strongest protective factor against heat-related illness. Exposure to air conditioning for even a few hours a day will reduce the risk for heat-related illness. Consider visiting a shopping mall or public library for a few hours.

How can people protect their health when temperatures are extremely high?

Remember to keep cool and use common sense. Drink plenty of fluid, replace salts and minerals, wear appropriate clothing and sunscreen, pace yourself, stay cool indoors, schedule outdoor activities carefully, use a buddy system, monitor those at risk, and adjust to the environment.

How much should I drink during hot weather?

During hot weather you will need to drink more liquid than your thirst indicates. Increase your fluid intake, regardless of your activity level. During heavy exercise in a hot environment, drink two to four glasses (16-32 ounces) of cool fluids each hour. Avoid drinks containing alcohol because they will actually cause you to lose more fluid.

Should I take salt tablets during hot weather?

Do not take salt tablets unless directed by your doctor. Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. The easiest and safest way to do this is through your diet. Drink fruit juice or a sports beverage when you exercise or work in the heat.

What is the best clothing for hot weather or a heat wave?

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. In the hot sun, a wide-brimmed hat will provide shade and keep the head cool. If you must go outdoors, be sure to apply sunscreen 30 minutes prior to going out and continue to reapply according to the package directions. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin.

What should I do if I work in a hot environment?

Pace yourself. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least in the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

This information provided by [NCEH's Health Studies Branch](#).

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