

At Clarinda Regional Health Center (CRHC), we are proud to **Advance Exceptional Care** beyond our walls by cultivating wellness, education, and connection through the Wellness Roots Garden. This initiative reflects CRHC's ongoing commitment to community engagement and whole-person health, providing shared garden space for patients, families, staff, and community members to enjoy and nurture.

The Wellness Roots Garden is located on the northeast side of the CRHC campus. To ensure a respectful, safe, and productive growing environment, all participating gardeners are required to adhere to the following guidelines:

- **Maintain Your Plot:** Garden plots must be actively maintained throughout the season. This includes regular weeding, pruning, and ensuring all plants remain within the boundaries of your assigned plot.
- **Bring Your Own Supplies:** Gardeners are responsible for providing their own tools, compost, seeds/plants, and other gardening materials. Water is available on-site for your use.
- **Gardeners are required to provide current contact and application details. Any changes during the growing season must be promptly reported to: 712-542-6793 or [wellness\\_roots\\_garden@clarindahealth.com](mailto:wellness_roots_garden@clarindahealth.com).**
- **Planting Start Date:** Garden plots will be available for planting beginning May 4, 2026.
- **Chemical-Free Zone:** The use of liquid herbicides and fungicides is strictly prohibited.
- **Children Welcome:** Children are encouraged to enjoy the garden space under adult supervision at all times.
- **No Pets Allowed:** For safety and sanitation reasons, pets are not permitted within the garden area.
- **Respect Shared Space:** Please work only within your assigned garden plot. Do not harvest or disturb plants in others' plots or in the designated Wellness Roots Garden.
- **Hours of Access:** Gardening activities are permitted during daylight hours only. Work must conclude by sundown each day.
- **No Smoking or Fires:** The garden is a smoke-free, flame-free zone.
- **Season Clean-Up:** All garden plots must be cleared of plants, supports, and personal materials by October 6, 2026.

Participation in the CRHC Wellness Roots Garden is a privilege that reflects our shared values of stewardship, respect, and wellness. Gardeners who do not follow these guidelines will forfeit their plot mid-season and may be ineligible to participate in future years.

By submitting this application, you acknowledge your agreement to these expectations and commit to supporting a safe and enriching environment for all.

### Applicants Information

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ (must submit a monitored email address)

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Any accessibility needs or accommodations requested: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_