

Appendix H:

“What the Sprout?” Proposal

The following is a proposal for a vertical and all season, indoor community garden for Turner Station that was developed after the workshop.

WHAT
THE
SPROUT?

COMMUNITY Garden PROGRAM PROPOSAL



PREPARED BY: Quandra Gray
What The Sprout LLC
724 Peach Orchard Lane, Baltimore, MD 21222
Phone: (443)-651-2304, | E-mail: hi@whatthesprout.com



GROWING FRESH FOOD & COMMUNITY AT SOLLERS POINT MULTI-PURPOSE CENTER

Who We Are. What We Do.

At What the Sprout, we are committed to **empowering communities** by making fresh, nutrient-rich food accessible through microgreen cultivation and sustainable agriculture. We are excited about the opportunity to **install a vertical microgreen garden at Sollers Point Multi-Purpose Center**, serving **Turner Station and the broader Dundalk area** as a hub for food education, health, and sustainability.

Why Sollers Point & Turner Station?

Turner Station is a historically rich, resilient community that is undergoing revitalization efforts to restore its vibrancy. One of the key priorities identified by the **Turner Station Conservation Team (TSCT)** and local leaders is **increasing access to fresh, healthy food**. This vertical garden will directly support those efforts while also providing an opportunity for **hands-on agricultural learning**.

A Partnership for Growth?

We believe in **creating sustainable solutions for food security and education**, and we'd love to collaborate with Baltimore County and Sollers Point Multi-Purpose Center to make this a reality. **By integrating this initiative with the Turner Station Conservation Team's existing efforts, we can further drive community-led food access and agricultural education.**

Would you be open to discussing how we can bring this initiative to Sollers Point & Turner Station? I'd love to explore how we can make the vertical garden a cornerstone for food security, education, and sustainability in the area.



Quandra Gray
STEM Educator



By placing the vertical microgreen garden at Sollers Point, we can:

Offer agriculture literacy programs for all ages, from children to seniors, empowering them with knowledge on urban farming and sustainable food production.

Grow seedlings that can be transitioned into community gardens, helping residents expand their food-growing capabilities.

Create an accessible, ongoing resource for the broader Dundalk area, where residents can learn, grow, and engage in sustainable food practices.

Provide fresh microgreens for community members, encouraging nutritious eating habits.



Let's Connect



(443) 651-2304



hi@whatthesprout.com



www.whatthesprout.com

The Benefits

Community spaces are more than just places to gather; they are vital hubs of knowledge and growth. A vertical garden serves as a living, breathing educational tool—teaching sustainability, health, and agriculture while engaging individuals of all ages.

How It Works

- ✓ **A fully installed vertical microgreen and seedling garden that** maximizes space efficiency while producing a high yield of crops.
- ✓ **A structured learning program** that complements TSCT's ongoing community food initiatives.
- ✓ **All necessary materials and continued support** to ensure long-term success.
- ✓ **An inclusive approach—**welcoming all Turner Station and Dundalk residents to participate in learning, growing, and sustaining the project.

Project Goal

Our goal is to promote urban agriculture and food security, bringing healthy, sustainable practices to urban spaces through microgreen education.



Workshops and Engagement

Community members will participate in interactive workshops, learning how to grow and maintain microgreens, and engage in sustainable food practices.



We've had success with vertical garden programs before and can't wait to get started!

MICROGREEN education: GROWING MINDS AND PLANTS

What We've Accomplished So Far

We've successfully partnered with Baltimore City Recreation Centers, Enoch Pratt Free Library, and Baltimore County Public Library, delivering hands-on microgreen programs and workshops for hundreds of participants. Our workshops have engaged children, families, and community members, receiving overwhelmingly positive feedback on the accessibility and impact of urban farming education.

Additionally, we have served the community at Hollins Market in Southwest Baltimore, where we demonstrated how to grow microgreens and fostered agricultural skills within the neighborhood.



Testimonials

"Miss Gray and her microgreens program is a beneficial program. The kids are learning a lot, it's very well instructed. I wish I had it all through the year."

- Lloyd Barnes, Baltimore City Recreation and Parks Director at Locust Point Recreation Center

"Our library customers loved Quandra's interactive microgreen presentation. As a presenter, she was warm, engaging and presented the material in a fun, easy to understand way."

Customers commented on how informative the presentation was, and they appreciated the free [microgreen kits] to experiment with growing their own microgreens.

We look forward to welcoming her back."

- Cynthia Webber | Librarian



WHAT
THE
SPROUT?

WHAT ARE MICROGREENS?

Nature's Miniature Super foods

Microgreens are small, edible plants harvested just after the first leaves develop. They offer a concentrated source of vitamins, minerals, and antioxidants, with up to 40% more nutrients than mature plants. Easy and quick to grow, they are an excellent introduction to agriculture, fostering agricultural literacy and offering insights into sustainable practices.



Varieties We Will Grow

Below is a list for the safest varieties to cultivate at home.

Amaranth	Peas
Arugula	Turnip
Beets	Nasturtium
Broccoli	Onions
Cabbage	Basil
Cantaloupe	Radish
Cilantro	Mustard
Cress	Spinach

Why Microgreens?

Enhance Nutritional Intake:

Educate on microgreen nutrient-density and how they can contribute to our daily vitamin and mineral needs.

Sustainable Practices:

Provide tips on sustainable growing practices and reducing food waste.

Quick to grow:

Microgreens grow fast! Most are ready to harvest in 7-10 days.

Easy to grow and quick to harvest, they're the perfect way to add a fresh, healthy twist to your meals! Some of the easiest and most popular varieties to grow include:

Broccoli



Mild, slightly bitter, earthy.

Radish



Spicy, intense radish flavor.

Arugula



Spicy, peppery flavor.

Pea Shoots



Sweet, fresh pea taste.

Sunflower



Nutty, crunchy, fresh.



I liked microgreens because the food was good. It was fun! I had a good time. Growing food was fun. -Phillip



THANK YOU FOR YOUR TIME

Thank you for taking the time to review our proposal for partnership with What the Sprout. We're thrilled to share our vision for advancing agricultural literacy, food security, and community empowerment through the transformative potential of microgreens.

We see immense potential in collaborating with forward-thinking leaders like you to cultivate lasting, positive change in our communities. Together, we can create impactful solutions that not only enhance local food systems but also inspire a new generation of growers.

I look forward to the possibility of working alongside your team to bring this vision.

Quandra

**Anywhere people gather,
there should be a garden.**

-Quandra Gray