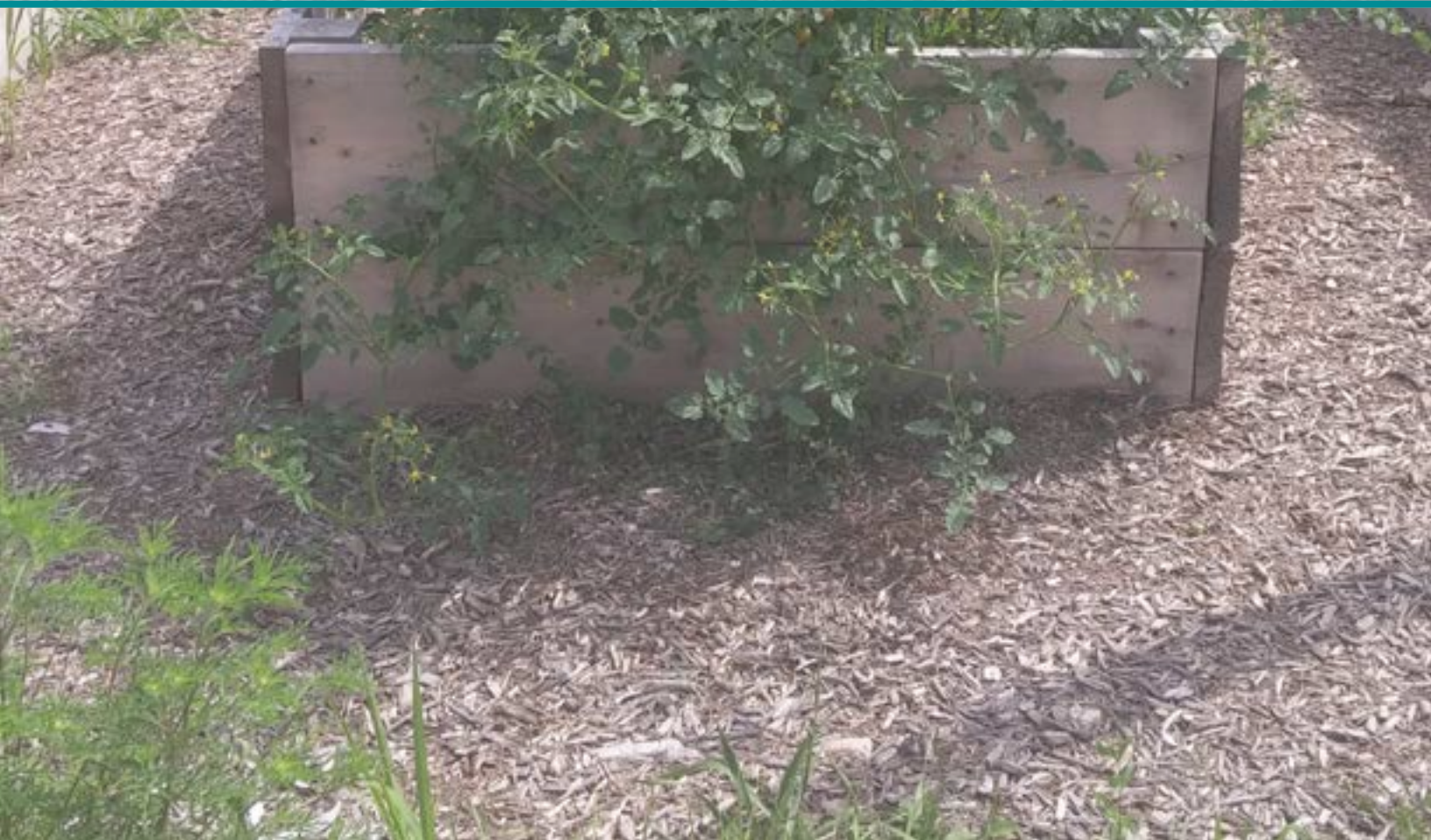




TOTAL**WELLNESS**

# *The Total Wellness Garden Project*

The ultimate toolkit for building  
a garden where you work!





# Hello There!

The TotalWellness community garden is underway, and we want to keep you updated on how we got started. Let us begin by saying:

*If we can grow a garden at work, you can too!*

We operate out of one building that's surrounded by other buildings in an industrial park. Looking at our workplace, you wouldn't guess it'd be ideal for a garden. But, we found a space between the neighboring building and the tortilla factory down the hill to house our worksite garden.

Long story short...you don't have to have a huge campus or lots of space. All you need is the knowledge and manpower to get the garden going!

We will warn you, at TotalWellness, we go big or go home. Don't be overwhelmed by our garden guide. This guide is meant to outline the process we took to get our garden up and running. So, don't feel like you need to follow it exactly. Adjust what we've done based on the space, resources and needs of your company.

Check out our social media pages for more updates, and share with us how your garden project is going. Be sure to tag us or use #TWGardenProject, so we know you're talking to us!



**Facebook.com/TotalWellnessHealth**



**Twitter.com/TotalWellnessUS**



**Pinterest.com/TotalWellnessUS**



**Instagram.com/TotalWellnessUS**



*Happy gardening!*

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# *Chapter 1*





# Purpose

There are a lot of reasons to put together a community garden at your workplace, and they all contribute to helping you create a culture of wellness within your company.

## Teamwork & Bonding

In almost any work atmosphere, teamwork is important. A group garden project is an excellent way to foster this teamwork and help build relationships outside of typical work duties. The garden gets people together working towards one clear, common goal—without the high stakes of some business projects. It's also a fun way to build relationships at work. And we all know that people who get along just work better together.





## A Healthy, Sustainable Food Source

Eating right is a huge factor in living a healthy lifestyle. You can't force your employees to eat right—especially outside of the office. The garden is an excellent way to encourage and give them the option to eat right. As your employees take home the fresh food that comes from your garden, it jump-starts their grocery list and helps them make other healthy food choices.

The garden is also sustainable. Once you get people on board and get the space set up, it's a project you can do every year to continue to provide food for your employees. You can try to plant new foods or use new techniques, but once the groundwork is laid and people have bought in, it really is a gift that keeps on giving.

## Promoting Activity

Gardening isn't a sedentary job. Unfortunately, that can't be said about many office jobs these days. The garden gives your employees an excuse to get up and get moving, even if it's just for a little while. Not only will people be in motion by helping tend to the garden, but they can also be inspired to take lunchtime walks to the garden, host walking meetings through the garden, or start gardening on their own time at home.

## Customized to Your Needs

At TotalWellness, we opted for a community garden after we participated in a Community Supported Agriculture program last year. The CSA was great, and our employees loved the fresh food we got every week. It was a common idea, however, that people wished they could choose the foods they got from the CSA.

And the garden project was born. Our garden is growing foods that our employees want. We were able to pick exactly what we plant, how much we plant, and when we plant it (to a certain extent, that is). The garden relies on and reflects exactly what our employees need. This allows us to get exactly what we want from the garden, but has also helped our employees feel a sense of ownership over the garden.

Any community garden will be beneficial in some way. Just make sure you gauge the needs and interests of your employees before getting started. That way, you know who will be on board, and what kind of garden you can handle.

# Preparation

Believe it or not, you can't just go throw some seeds on the ground to start your garden. There is some preparation involved. The steps we took involved finding leadership, securing a space and involving our employees.

## Finding Leadership

At TotalWellness, our community garden was the brainchild of an employee who was finishing up a graduate school project. This employee, along with our garden guru of a warehouse manager, acted as the leadership team to get the project in motion. They took their research and the details of the idea to our wellness committee, who got our President's approval, and the rest was history.

We definitely recommend having a point man or leadership team to get the ball rolling. If you're reading this, maybe it's you! This leadership team doesn't necessarily have to take on the grunt work of the project, but just helps to provide some structure in the early stages. They are the planners and delegators as the project gets going, which makes the whole thing run much more smoothly.

It's also incredibly important to get your company leadership on board. Whether you report to the CEO, President or some type of divisional manager, you shouldn't start an undertaking like this without their approval. In our case, our President was even kind enough to give us half a day of work time to get the garden set up. So let it be noted that good things can happen when you seek the leadership first!

## Securing a Space

The next step might be the most difficult depending on where your offices are located. You need to find a space to put your garden. Most community gardens are done with raised beds, so you don't have to worry about avoiding rocky soil or finding a place you can till up. All you really need is space.

As we mentioned earlier, we found an open area between the neighboring building and the tortilla factory down the hill. While it definitely had enough space for our garden, it was a nasty little area with broken glass, trash and a lot of random "treasures" strewn around.

A few things to consider when finding a space to put your garden include:

- Finding a space with access to water
- Finding a space that is private enough where you won't be dealing with trespassers
- Finding a space that isn't home to a bunch of critters that will eat your fresh food

Our space has access to water with a very long hose and an ingenious irrigation system that we'll explain a bit later. It's also tucked away behind a few buildings in our little industrial village. Finally, it's (mostly) free of animals that munch on fresh vegetables. We did have a couple run-ins with some groundhogs, but we safely and securely relocated them to a local lake where they'll be happier and healthier anyways.





## Involving Employees

This step was actually really easy. Our employees are always willing to get involved with projects like this. Our leadership team created a short survey with just a few questions including:

- What level of interest do you have in a community garden?
- How many hours per week would you be willing to work in a community garden?
- How much money would you be willing to donate to a community garden?
- What types of things would you like to grow in our community garden?

We had some varying interest levels, but definitely enough interest to get started. Using the information from this survey, we started to plan the logistics of the garden.

Everyone was willing to work the amount of time we thought we'd need (about one hour per week). We decided we'd get together for one afternoon to get the garden started, and our garden guru would do most of the planting. The one hour will start when we have some growth, gathering and weeds to pull.

Based on everyone's financial thoughts, we asked \$40 from anyone who wanted priority food picking. The money went towards the resources we needed to get the garden set up. Anyone who wasn't willing to pay can still get food, but it might not be the cream of the crop.

There was a wide variety of interest in foods, but based on the feedback we got and some research about what grows well in our area, we chose to grow:

- |            |                 |                    |
|------------|-----------------|--------------------|
| • Kale     | • Peppers       | • Butternut Squash |
| • Lettuce  | • Green Beans   | • Spaghetti Squash |
| • Spinach  | • Cucumbers     | • Delicata Squash  |
| • Carrots  | • Zucchini      | • Pumpkins         |
| • Onions   | • Yellow Squash | • Watermelon       |
| • Tomatoes | • Acorn Squash  | • Cantaloupe       |

After all of these preparation decisions were made by our garden leadership team, we moved on to the logistics of production.



# Production

Once we had the details planned, we just had to put them in action. In order to do that, we needed to find the time and manpower to get the job done.

## The Boxes

We're using above ground garden beds for our garden so we wouldn't have to worry about finding a good plot of soil to grow on. Our boxes are pretty large, but feel free to use whatever works best at your workplace.

### *You'll need...*

- 4 - 2X12 cut to 4 ft. long
- 4 - 2X12 cut to 8 ft. long
- 4 - 4X4 cut to 2 ft. long
- 2 - 4x4 cut to 8 ft. long (optional, for trellises)
- Drill
- Wood screws
- Wire to stretch between tall 4X4 posts for trellises

\*Cedar is preferred for the wood, but we used pine and it worked fine.



We have 15 garden boxes. Of those, 7 have trellises. Our garden guru made most of the boxes, with some help from a few employees on our garden workday. We made them onsite in our shipping warehouse, so the process wasn't too complicated.





## The Space

We rented some tilling machinery for the day because the space we're using was a bit of a mess. We tilled up the land, and then raked out the leftover grass, rocks, etc., just to make it relatively flat so the boxes would sit nicely. We tossed all that stuff into barrels and got rid of it. We also tilled up a bit of extra land outside of the boxes to plant some larger things like pumpkins and melons.

When we had the plot pretty much leveled, we began to place the garden boxes. We left a few feet of space between each box, and placed them in a single file line.

We lined the area between the boxes with cardboard, and then covered the cardboard with mulch in about a 1-inch layer. The cardboard will take a year or so to break down, which will smother the grass and weeds that would have sprouted up in our garden.

When we put together our space, it was a Friday after it had rained most of the week. Because it was so wet, the company from which we purchased the soil for inside our boxes wouldn't deliver that day. They brought us the dirt the next week, though, and we filled our boxes, leaving a foot or so of space at the top.

The final product was a long line of garden boxes. The boxes with trellises alternated with the ones without trellises. Between each box was a nice walkway of mulch. At the very beginning of our garden box line was the tilled up area for melons, pumpkins, etc.







## The Irrigation

Our biggest concern was being able to water our garden because it is a little ways away from our building (too far for a simple hose). Because we did go all out, it's also just too big of an area to water by hand.

Our garden guru stepped in with an excellent, homemade irrigation system. This is where we're hoping pictures are really worth a thousand words because the system is a bit difficult to explain.

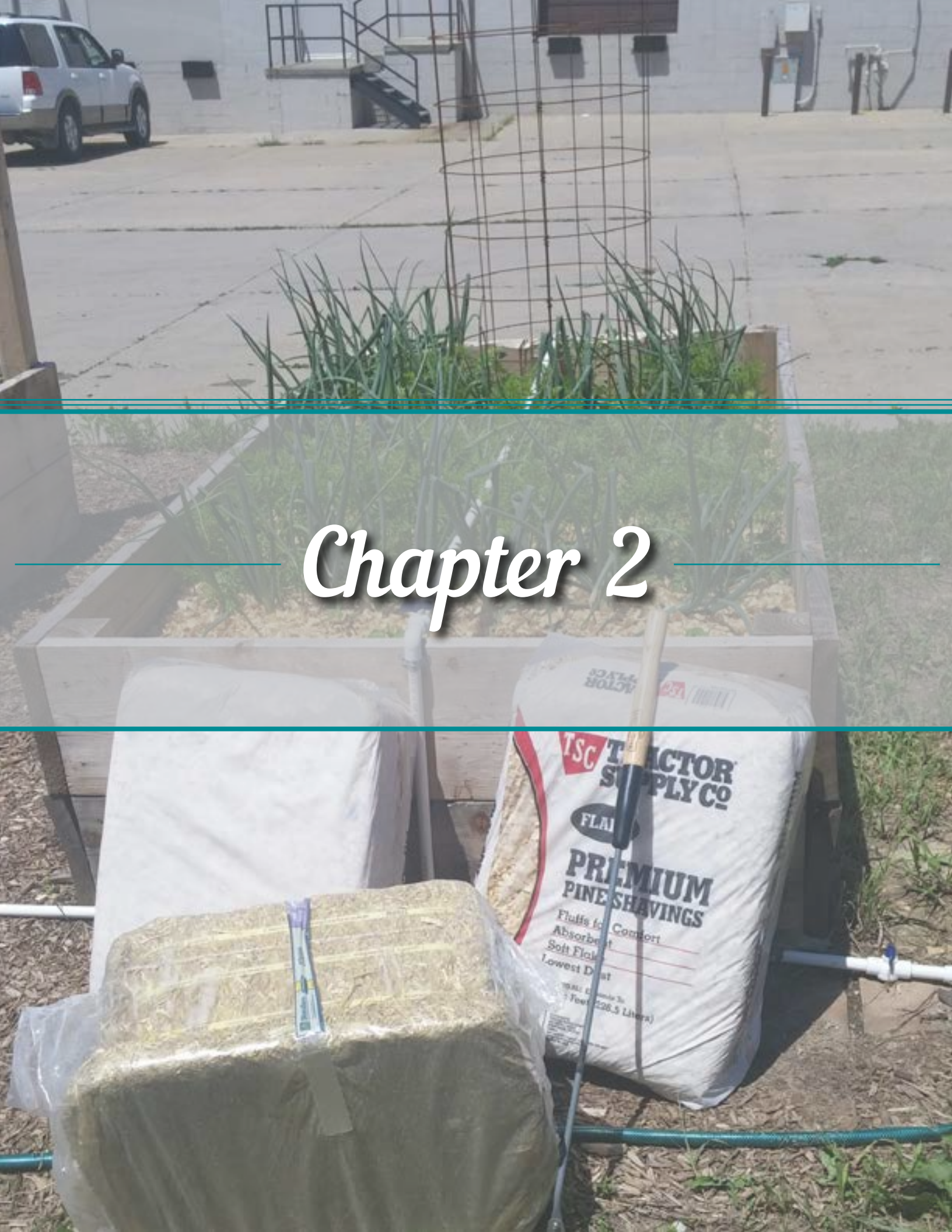
The irrigation system is made of a variety of PVC pipes that are linked together from box to box. When we water the garden, we stretch a hose from the neighboring building (with their permission of course) to the PVC pipes on the first box.

The water flows from the hose through the pipes to all of the boxes. The pipes can be turned on and off at each box individually to help us control the water pressure. We can comfortably water 3 or 4 boxes at time. So, we turn on just the farthest 3 or 4 boxes first and work our way down the line.

This type of watering system can definitely be customized to your area, or forgone all-together if you have a better option. If you need specifics as to the pipes and process, just let us know!







## Chapter 2



# *Planting Garden Goodies*

Now we're getting to the good stuff—the food! As we mentioned in Chapter 1, we chose quite the list of foods to grow. We had a couple sources of input in choosing this list:

- Knowledge of what grows well in our area
- Survey results of what our employees were interested in growing

We found that our employees had an interest in growing a huge variety of foods. We didn't want to grow too little of too many types of foods, though, so we narrowed it down to the foods with the most interest. This help us be sure that there would be enough of each thing to go around, instead of each employee getting one tomato or something like that.







Once we had our list of foods chosen, we planted them all in phases. In our area, it's not unlikely to have light frost until the middle of April. We strategically planned the colder-weather plants earlier. We ended up planting carrots, lettuce, kale and spinach in mid-March. We planted the rest of our foods between mother's day and early June.

Within each planting phase, we broke the planting out into more phases to spread out our harvest time. For example, in phase one, we planted a third of the carrots, lettuce, kale and spinach at a time. That way it wasn't all ready at one time which would've flooded our office with greens!

We chose to plant all of our food organically, meaning we didn't use any chemicals, herbicides or pesticides. We also used seeds for most of the plants, with the exception of tomatoes, peppers and onions. For those we used seedlings and sets.

Ultimately, we followed our planning and preparation when it came to actually planting our foods. When we had all the seeds in the ground, we dove into our true maintenance phase to be sure we didn't kill all of our plants.





# *Establishing a Routine*

What we learned a few weeks in is that routine is important. When you have one garden essentially taken care of by everyone in the office, everyone needs to be on the same page.

A key player in our garden routine was the project's leadership. You may remember our garden guru from Chapter 1. This man is a true garden extraordinaire. It's one of his hobbies outside of work, and he truly has the passion and skills for gardening.

Naturally, a lot of the preliminary tasks fell into his hands because he enjoyed them and he's good at them. There are a few things we all learned from our garden guru when it comes to establishing a routine for this type of project.

## Finding People Who Enjoy It

People who enjoy working on projects do better work. It's that simple. They do better work and it doesn't require as much effort to get them to do that work.

If you have people in your company who enjoy garden, ask them to get involved. If you're not as lucky as we were, try to find employees who enjoy the outdoors, summer time, or focusing on nutrition. These people make excellent project champions, which can make all the difference.

## Set a Schedule

In the first few weeks of our garden project, the work schedule was a bit sporadic. Basically, people would help out if they noticed our garden guru heading out to the plot. We started with little organization as far as a maintenance schedule goes.

As we got things done, however, and got closer to harvest times, we set one time every week for people to work in the garden if they were available. Our employees now knew that on Friday morning before 10 a.m., they could head out to the garden and get some work in.

This was a great option because we have a variety of levels of gardening experience in our workforce. Some people felt comfortable going out to pull weeds on their own. Others felt they needed a bit more direction. So while the sporadic work continued throughout the week, employees were confident that on at least one morning a week, they could work in the garden with the direction they needed.



## Communicate and Follow Through

None of these routine elements would've been possible without effective communication. In fact, for the summer, we implemented a garden section in our weekly newsletter. Employees knew they would be receiving garden information every week, and could use that information to get involved.

We also tried to open up a two-way communication flow. We wanted feedback from TotalWellness employees about working in the garden and how they used their garden goodies. We used the newsletter to elicit that information, as well as to share the relevant information with our workforce.

Finally, we turned our talking into action. If we planned a garden workday, we made sure to have tasks for people to do. If we harvested a lot of a specific food, we provided recipes and storage tips. If it was going to be a slow week, we let people know. We really tried to demonstrate that TotalWellness employees are a huge part of our garden project.

Establishing a routine early can take the stress out of any project—especially one like a community garden. Be sure to find people who enjoy the work, nail down a schedule, talk the talk and walk the walk when it comes to keeping a garden project going.





# *Harvesting and Distributing*

Efficiently harvesting our garden goodies and evenly distributing them took just as much organization as setting a maintenance routine. To keep things consistent, our garden guru kept track of the harvesting and distribution process.

At first, he just harvested and distributed food as it was ready. As the garden started to really take off, though, we had to set a more defined schedule.

Our Friday morning work hours are usually designated to harvesting. The fresh food is the distributed during the day on Friday.

This has been the best system for us because people know when to expect food. If they're going to be gone on a Friday, they can grab their food the day before or have some set aside until Monday. Everyone gets their fair share, even if they happen to be out of the office for a day.





Our garden guru has also helped to make sure everyone is getting a fair share by tracking our harvest. Each week, the foods come out of the garden and go right onto the scale. We record the weight of each food group in pounds, as well as the individual pieces.

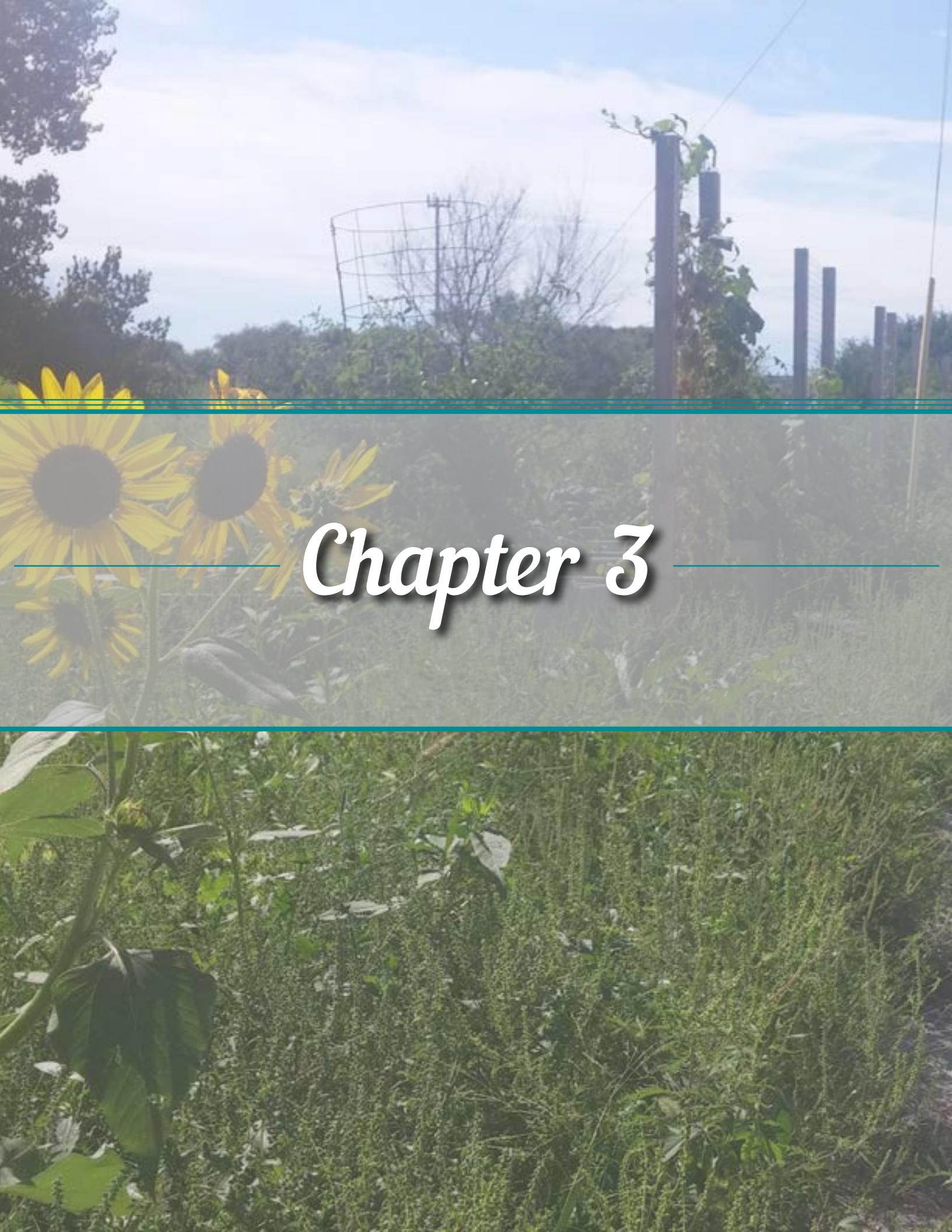
For example, for cucumbers we'll record the weight, as well as how many individual cucumbers were harvested.

As we distribute the food to our employees, we keep track of who has gotten what. Our garden is big, but it's not quite big enough for every employee to get every type of food every week.

For example, we don't harvest enough zucchini each week for each employee to get one. We keep track of who got a zucchini during a given week, and pick up where we left off with the next batch of zucchini. When every employee has gotten one, we start over at the top of the list.

Our planning and scheduling has allowed us have a smooth harvest and distribution system. As we get more and more foods each week, we like to share recipes and the different ways we've used our produce. It's turned into an awesome social, physical, nutritional, and overall wellness activity.





# *Chapter 3*



# *What We Learned*

As with any new project, there were definite lessons to be learned. We took a lot of those lessons in stride, but wanted to share the common themes with you so you have all the knowledge you can before getting started.

## Utilize the Rain

As we mentioned in Chapter 1, our wonderful garden guru crafted a super innovative watering system to take care of our garden plants. It was an excellent option to have on hand, but we learned utilizing the rain was much much easier.

We had a very wet summer here in Nebraska, so we rarely had to water the garden manually. That made for a much simpler process, and less time spent on that part of garden maintenance. So, keep an eye on the weather and let the rain do the hard work.





## Schedule and Communicate

When we first started the garden project, we did the actual gardening sporadically. People would go weed and check on plants when they had a minute, and we'd received our produce when our garden guru had free time to go out and harvest.

We learned, however, that in order to involve more people and avoid wasting food we needed to set a routine. People would still walk through the garden or weed when they had some free time, but we set a harvest day every week. On Friday morning, anyone who had some availability could go out to help harvest. Everyone could expect their produce sometime during the day on Friday.

We encourage employees to let our garden guru know if they'd be out of the office on any given Friday. That way they could get their produce a different time, so we didn't have leftovers after harvesting for the week.

We communicated this schedule by email. We made a special garden section in our weekly newsletter to keep everyone up to date. If anyone had questions, they could ask the garden guru himself. Once we settled into the routine, it worked great! Take the time to set your own routine and find a communication channel that works for garden news.

## Thank the Garden Guru

We're very lucky to work with a man who truly has a passion for gardening. Our garden guru did a lot of the planning and coordinating because he enjoyed it and clearly had the most experience. If you're lucky, you'll find your own garden guru within your company!

Regardless of whether you have a garden guru, a leadership team or even an intern who takes on the grunt work, show your gratitude. A worksite garden project needs some form of leadership, but it really benefits everyone in the company. However your garden hierarchy shakes out, thank the people who put in the hard work to ensure everyone has a share in the garden.



## The Public Enjoys Butternut Squash

We only had one issue with intruders in our worksite garden. Someone stole all of our butternut squash! Now we're tucked back in an industrial part of town, so the public isn't coming through our area too often. Take a look at where you plan to plant your garden and really consider who has access to that area.

It's important to give the public the benefit of the doubt, and don't let paranoia sink in. If you're planting in a high-traffic area, and you plan to include popular produce like butternut squash, it might be necessary to implement some type of security or video system.

## Woodchucks Do Live in the City

We also had one animal invasion to match our one human altercation. When we were first clearing the space for our garden, we noticed a couple woodchucks in the area. We were pretty surprised considering we were working in an urbanized part of town. We were able to safely trap and relocate our woodchucks to a local lake area.

Before you begin planting, it's important to canvas the area to get a feel for the wildlife that might live there. We don't condone destroying a whole ecosystem for the sake of your garden, but if you notice some pesky critters and have a way to safely relocate them to a better environment, it might be a good idea!





# What We Would Change

Overall, there wasn't a lot we'd like to change about our garden project (besides making it bigger, maybe?). With the budget, resources and location we had available to us, our garden project was almost exactly what we had hoped for.

We harvested 968 pounds of garden goodies total. Our most lucrative crops were cucumbers (222 individual cucumbers) and tomatoes (172 pounds of tomatoes). We were so impressed with the turnout!

While we loved every minute of our garden project, we were constrained by a few things that might be helpful for you all to think about as you plan your own garden next year.

First, building a garden thirty feet from a water source is very difficult. We were lucky to have the rain, but utilizing the nearest water source on dry days was a bit tricky.

Second, some crops just didn't do well. There's no way to explain or predict when some crops will struggle. This year our green beans didn't necessarily flourish, but there's not much we can control on that front.

Finally, melons and squash grow best in well-conditioned soil. Next year, if we have the proper resources, we'll try to prepare the soil to help facilitate better growth from those types of plants.

We loved every minute of our garden project, and couldn't be prouder of the hard work and planning our garden guru put in to make it fantastic. As we continue this project year to year, we hope to perfect the process and continue to grow an outstanding, lucrative garden we can all enjoy!



# *The Final Cookbook*

## Zucchini Pizza Bites

- Zucchini (number of zucchini depends on the amount of pizza bites you'd like to enjoy)
- Pizza sauce
- Shredded cheese
- Pizza toppings you enjoy (i.e. beef, pepperoni, onion, etc.)

Slice the zucchini into flat, round pieces and spread out on baking sheet. Layer pizza sauce and cheese on top, adding any additional pizza toppings you enjoy.

Broil or bake, but keep an eye on them so the cheese doesn't burn.

Enjoy your mini zucchini pizzas!







## Pumpkin Bars

### For Bars:

- 1 cup oil
- 1 cup sugar
- 4 eggs
- 2 cups pumpkin
- 2 teaspoons cinnamon
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 2 cups flower

### For Icing:

- 8 ounces cream cheese
- 2 cups powdered sugar
- 2 teaspoons milk
- 1 teaspoon vanilla
- 6 tablespoons butter

If using fresh pumpkin, half the pumpkin and discard the stem, stringy pulp and seeds. Fill the bottom of a shallow dish with water, and place the pumpkin halves face down in the dish. Cover with tinfoil. Bake at 375 degrees until tender.

For the bars, grease and flour a jelly roll pan. Mix all ingredients together and pour batter in pan. Bake at 350 degrees for 20-25 minutes. Allow to cool before icing.

For the icing, combine all ingredients. Spread on cooled bars.

## Zuppa Toscana Soup

- 1 lb ground Italian sausage
- 1 1/2 tsp crushed red peppers
- 1 large diced white onion
- 4 Tbsp bacon pieces
- 2 tsp garlic puree
- 10 cups water
- 5 cubes of chicken bouillon
- 1 cup heavy cream
- 1 lb sliced Russet potatoes, or about 3 large potatoes
- 1/4 of a bunch of kale

Sauté Italian sausage and crushed red pepper in a large pot. Drain excess fat, refrigerate while you prepare other ingredients. In the same pan, sauté bacon, onions and garlic for approximately 15 minutes or until the onions are soft.

Mix together the chicken bouillon and water, then add it to the onions, bacon and garlic. Cook until boiling. Add potatoes and cook until soft, about half an hour. Add heavy cream and cook until thoroughly heated. Stir in sausage. Add kale just before serving.

This soup freezes well (with the kale in it); however, I usually add in extra potatoes when heating after frozen.

## Kale Salad

- Kale
- Olive oil
- Fresh lemon
- Course salt
- Salad pairings of your choice

After a thorough rinse and dry, massage kale with a drizzle of olive oil, fresh lemon, and coarse salt.

Toss with pairings- I chose dried cranberries, crumbled goat cheese, and a few candied pecans. I used this salad as a side, but would add chicken for a complete meal.





## Zucchini Chocolate Cake

- 1/2 cup butter or margarine, softened
- 1/2 cup oil
- 1 3/4 cup sugar
- 2 eggs
- 1 tsp vanilla
- 1/2 cup buttermilk or "sour milk"
- 4 Tbs baking cocoa
- 2 1/2 cups flour
- 1/2 tsp baking powder
- 1 tsp soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 2 cups finely shredded zucchini
- 1/4 cup chocolate chips
- 1/2 cup nuts (optional)

Cream butter & sugar. Add oil, eggs, vanilla and milk: beat well. Stir together dry ingredients. Slowly add to creamed mixture until all blended well. Stir in zucchini. Pour mixture into a greased 9x13" pan. Sprinkle chocolate chips and nuts on top of batter. Bake at 325 for 40-50 minutes.

## Zucchini Casserole with Sausage

- 3-4 cups diced zucchini
- 1 lb bulk sausage
- 1/4 cup chopped onion
- 1/2 tsp minced garlic
- 1/2 cup cracker crumbs
- 1 egg, beaten
- 1 cup cheddar cheese
- Salt and pepper to taste

Cook sausage, onion and garlic together until sausage is cooked through. Drain fat. Stir together with remaining ingredients and place in a greased 2 quart casserole. Sprinkle with grated parmesan if desired. Bake at 350 25-30 minutes or until zucchini is tender.

# Hungarian Tomato Cucumber Salad

- 4 large juicy fresh tomatoes, sliced
- 2 cucumbers, peeled, sliced thick, and halved
- 1 small red onion, chopped
- 3 Hungarian yellow wax peppers or banana peppers, sliced
- 2 teaspoons fresh dill, chopped
- 1 garlic clove, minced
- 1 teaspoon sugar
- 1/4 cup red wine vinegar
- 1/2 cup olive oil
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste

In large bowl, mix together tomato, cucumber, onion and banana peppers.

In a small bowl, whisk together dill, garlic, vinegar, olive oil, salt, and pepper. Pour over vegetable mixture in large bowl, stir to coat vegetables, and chill for 30 minutes to an hour. Taste salad before serving and add more salt and pepper, if desired.







## Spaghetti Squash Burrito Bowl

- 2 medium sized spaghetti squash
- 1 tablespoon high heat oil (I use sunflower oil)
- 1 (14.5 ounce) can black beans, drained and rinsed
- 1 (16 ounce) jar of salsa (use your preferred level of spiciness)
- 2 tablespoons olive oil (or preferred cooking oil)
- 1 large bell pepper or two small, cored and sliced
- 1 large red onion, sliced
- 2 cups corn kernels, frozen and defrosted or fresh
- 1 cup fresh cilantro, finely chopped
- 2 jalapeños, cored and sliced (optional)
- 6 green onions, sliced (optional)
- 1 teaspoon cumin
- Salt & pepper
- 1 cup shredded cheddar/monterey jack cheese

Preheat oven to 375°F and line a cookie sheet with foil OR fill a 9 x 13" glass baking dish with about an inch of water. You'll probably need two separate cookie sheets or baking dishes (or one of each!).

Cut each squash in half lengthwise and then use a spoon to scrap out the seeds and stringy pulp. Rub a little bit of high heat oil on the inner edges of the squash and then place each half face down on the baking sheet/dish. Roast in the oven for 30-45 minutes, depending on the size. Test to see if it's done by scraping the inside with a fork. Strands should come loose as you scrape all the way down to the flesh.

While the squash is roasting, warm one tablespoon oil in a large pan over medium heat. Sauté red onion. Add peppers and jalapeño. Sprinkle with salt, pepper and cumin. Cook to desired tenderness.

When the squash is done cooking, allow it to cool and then scrape the inside and begin stuffing. Scrape about 3/4 of the inside into a dish and layer the filling inside (black beans and corn, peppers and onion, salsa and cilantro). Top with the spaghetti squash, and add another layer of filling. Sprinkle green onion and shredded cheese on top.

Broil in the oven for about 5 minutes or until the cheese is bubbly and golden brown.

# Happy Gardening!

As we said, we want you to learn as we learn because...

*If we can grow a garden at work, you can too!*

Take all of our garden tips into consideration as you plan your own garden at work. You can follow us on social media with #TWGardenProject for more updates and pictures as we go along.



**Facebook.com/TotalWellnessHealth**



**Twitter.com/TotalWellnessUS**



**Pinterest.com/TotalWellnessUS**



**Instagram.com/TotalWellnessUS**





# *Thank you!*

Don't forget to check us out on social media and share your thoughts with #TWGardenProject. Let us know if you have any questions at all, or if you're doing a similar project at your workplace.

You can keep an eye on our website for more tips, updates and general info about creating a happy, healthy workplace:

[TotalWellnessHealth.com](http://TotalWellnessHealth.com)

Best of luck!

