

Cacapon Institute

#10 Rock Ford Road
Great Cacapon, West Virginia 25422
Cell: 240-431-3443 Office: 304-258-8013
phlow@cacaponinstitute.org
<http://www.cacaponinstitute.org>



Potomac Headwaters Leaders of Watersheds

Grow-a-Garden Application Guidelines

Educating future generations of environmental stewards through in classroom education and on the ground conservation practices at schools.



WHAT IS GROW-A-GARDEN?

The Grow-a-Garden program is one of three complete MWEs offered by Cacapon Institute. MWEs or Meaningful Watershed Educational Experiences include classroom education, student-led investigations, scientific debate, consensus building, and hands-on conservation action.

The Grow-a-Garden program focuses on stormwater runoff pollution, the harmful materials from hard surfaces such as rooftops and parking lots that rainwater carries to streams. Unmanaged stormwater runoff pollution degrades drinking water quality and harms wildlife. Through four education sessions, students will explore how human impacts on land and water affect the organisms that live in streams. These sessions will cover watersheds, nutrient and sediment pollution, benthic macroinvertebrates, and rain gardens and native plants.

For the conservation project, students will plant a rain garden at their school. The rain garden will not only capture stormwater runoff pollution, it will also provide an outdoor classroom for the school to use in various lessons. At the conclusion of this program, students will understand the role their rain garden will play in their local watershed and ultimately the Chesapeake Bay.

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WHAT ARE THE APPLICATION REQUIREMENTS?

- Program must take place at a public or private school within the Eastern Panhandle of West Virginia, Shenandoah Valley, or Western Maryland
 - o The rain garden must be planted on school property
- The school must be committed to participating in four classroom lessons led by Cacapon Institute prior to the planting day
- The school must assist in the planning and execution of the rain garden
- The school must support the ongoing maintenance of rain garden (see Maintenance agreement form, which will be provided by Cacapon Institute staff)

WHAT ARE CACAPON INSTITUTE'S RESPONSIBILITIES?

- Cacapon Institute's Watershed Education Coordinator will lead four, fifty-minute lessons
 - o Watersheds 101: What are they? Do I live in one?
 - o Nutrient and Sediment Pollution: How does this pollution harm rivers?
 - o Benthic Macroinvertebrates: What are they? What do they tell us about river health?
 - o Rain Gardens and Native Plants: What are they and how do they reduce pollution?
- Work collaboratively with your school to select rain garden location on school property and design the garden
- Professional preparation of rain garden prior to planting
- Provide all plants and mulch (unless donated)
- Lead the planting with each class or group of students

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WHAT ARE THE SCHOOL'S RESPONSIBILITIES?

- Work collaboratively with Cacapon Institute to plan the education and planting day schedules and select rain garden location
- Contact Miss Utility within the proper time frame (two weeks prior to your planting day) for the planting and digging of holes
- Arrange volunteers to help with planting day
- Keep a record of all volunteer hours for final project report

NATIVE PLANT BUNDLE OPTIONS

For your ease, we have compiled three native plant bundles for you to pick from for your rain garden. Please review the bundles: Petite Native Plant Bundle, Butterfly Native Plant Bundle, and Wild & Wonderful Native Plant Bundle.

Native Plant Bundle	Height Range	Species	Shrubs (optional)
Petite	1-5 ft	Cinnamon Fern, Tussock Sedge, Eastern Columbine, Butterfly Milkweed, Purple Coneflower, Wild Blue Indigo, Golden Knees, Mistflower, Common Boneset, Cardinal Flower, Great Blue Lobelia, Monkeyflower, Black-eyed Susan, Blue Vervain, Blue Flag	N/A
Butterfly	3-6.5 ft	Eastern Columbine, Swamp Milkweed, Butterfly Milkweed, Purple Coneflower, Wild Blue Indigo, White Turtlehead, Mistflower, Common Boneset, Cardinal Flower, Great Blue Lobelia, Bee Balm, Black-eyed Susan, Blue Vervain	Black Chokeberry (6 ft) Button Bush (12 ft)

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Wild & Wonderful	1-10 ft	New York Fern, Tussock Sedge, Purple Coneflower, Swamp Milkweed, White Turtlehead, Golden Knees, Joe-Pye Weed, Common Boneset, Cardinal Flower, Great Blue Lobelia, Bee Balm, Black-eyed Susan, Blue-eyed Grass, New York Ironweed	Black Chokeberry (6 ft) Silky Dogwood (12 ft) Button Bush (12 ft)
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*dependent on nursery stock availability and subject to substitution or change



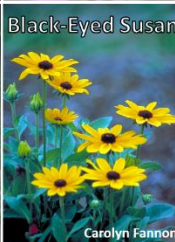
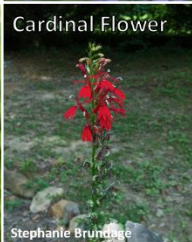
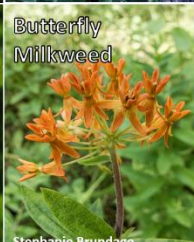
Height Range:
1 – 5 feet

Species dependent on nursery stock availability and subject to substitution or change.



Petite Native Plant Bundle

Cacapon Institute, Grow-a-Garden



Courtesy of photographer listed in each photo & Lady Bird Johnson Wildflower Center.

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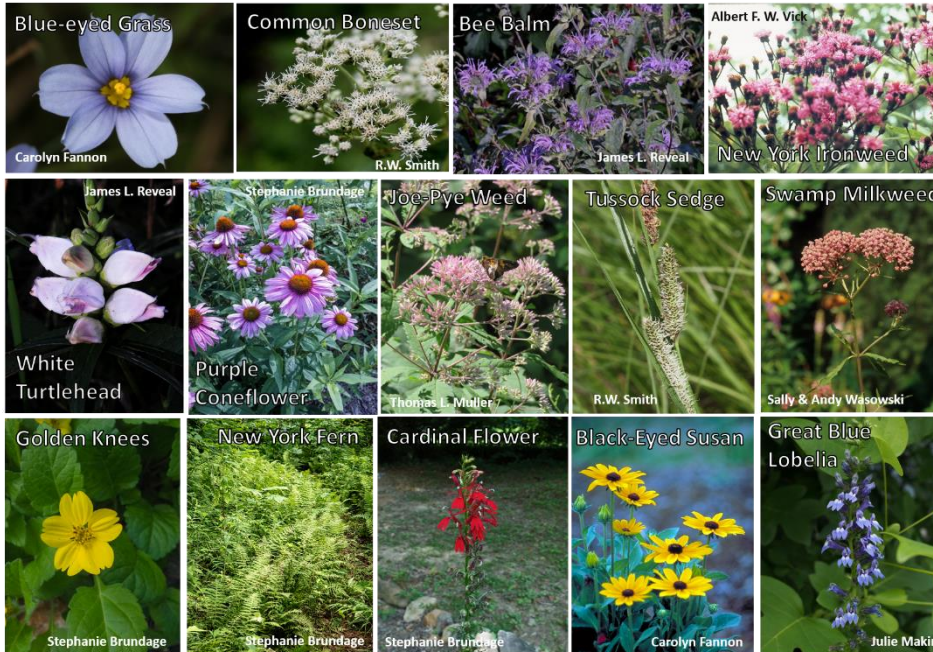
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Wild & Wonderful Native Plant Bundle

Cacapon Institute
Grow-a-Garden



Height Range:
1 – 10 feet

Shrubs (Optional)

1. Black Chokeberry
2. Silky Dogwood
3. Button Bush



Species dependent on
nursery stock
availability and
subject to substitution
or change.

Courtesy of photographer listed in each photo & Lady Bird Johnson Wildflower Center.

Butterfly Native Plant Bundle

Cacapon Institute
Grow-a-Garden



Height Range:
3 – 6.5 feet

Species dependent on
nursery stock availability
and subject to
substitution or change.

Courtesy of photographer listed in each photo & Lady Bird Johnson Wildflower Center.

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READY TO APPLY?

Are you ready to engage students in hands-on conservation that will beautify your schoolgrounds? Are you ready to help protect rivers and watersheds? Are you ready to mitigate stormwater runoff pollution and provide habitat to pollinators? *If so, Cacapon Institute is prepared to help you achieve your goals!*

Please follow a link below to complete your application:

[GOOGLE FORM](#)

[CACAPON INSTITUTE](#)



For more information on Cacapon Institute or PHLOW, please contact Cacapon Institute's Watershed Education Coordinator, Victoria Lusk, by emailing phlow@cacaponinstitute.org.