

**Central Vermont Council on Aging  
Community Volunteer Garden Coach Companion  
Position Description**

**Community Volunteer Garden Coach Companions  
needed to aid older central Vermont home gardeners**

**for 2024 growing season** Central Vermont Council on Aging seeks

knowledgeable and passionate volunteer community members to serve as Volunteer Garden Coach Companions for a grant-funded community engagement pilot program that will connect volunteer gardeners with older Vermonters who can't afford and/or don't have the physical ability to put in and maintain a garden on their own. CVCOA's pilot Garden Coach Companion Program is funded by grants from Hunger Mountain Co-op and Vermont Community Foundation. It is designed to connect and engage community volunteer gardeners with older Vermonters, living in their homes and with an interest in gardening, an opportunity for the companionship, coaching, and physical support for them to resume, continue, or experience for the first time, the joys of growing nutritional food and/or beautiful flowers to enjoy through the summer growing season.

Volunteer Garden Coach Companions will report to the CVCOA Volunteer Coordinator, Nancy Murray.

**Our Volunteer Garden Coach Companions will be qualified, passionate, and knowledgeable Master and backyard gardeners from the local community who:**

- ★ Can volunteer 1-3 hours per week;
- ★ Are willing to share their joy, gardening expertise, experience, physical labor, and aid to help program participant gardeners at their homes;
- ★ Know how to plan, design, build, plant, maintain growth (weed, water, fertilize, control pests, stake), and harvest vegetables, herbs, and flowers.
- ★ May be trained in the art and science of gardening, need volunteer experience to work toward completing their Master Gardener training program, or are avid backyard gardeners with extensive gardening or farming experience;

- ★ Can effectively physically aid, educate, and coach gardeners through all phases of the gardening season.

**Volunteer Garden Coach Companions will be responsible for:**

**Planning Phase Assistance** (in person home/site visits and consultation):

- Help “design” what type of garden to build – raised bed, containers, small yard area, etc.
- Help plan the garden – choosing what to plant and where in the garden to plant each choice.
- Arrange for delivery or gather from CVCOA the materials needed to build the garden bed, the soil, and the seeds and seedlings to plant.
- Aid the gardener in building or setting up the bed or planting containers and put in and level the soil for planting.

**Planting and Growing Phase Assistance** (regular check-ins by phone, zoom, or in person):

- Aid the gardener in planting their seeds and/or seedlings.
- Advise, educate, coach, physically aid and make any necessary adjustments for the gardener to be able to properly water, fertilize, control pests, and any other daily and weekly care needed for the garden.
- Follow up with the gardener weekly through the growing season to check on the progress of the plants, answer any questions and/or troubleshoot any issues or problems with pests, growth, ripening, etc., and make sure the gardener can do what care is needed to maintain the garden properly and successfully.

**Harvesting Assistance** (in person & by phone):

- When the first plants are ready to be harvested, visit the gardener to go over recognizing when it is time and how to harvest each vegetable or cut the flowers, she/he/they have planted.
- Make a final visit to help the gardener “put the garden to bed” for the winter.

If interested, please submit a Volunteer Application Packet with Signature page and consent authorization for Background Check to:

**Nancy Murray, Volunteer Coordinator**

**Mail to:** Central Vermont Council on Aging  
59 N. Main St., Suite 200  
Barre, VT 05641

**Email to:** [nmurray@cvcoa.org](mailto:nmurray@cvcoa.org)

Questions? Call: 802-595-4772