

A stylized sunburst graphic consisting of a solid grey semi-circle at the bottom left and several thick grey lines radiating upwards and to the right across the white background.

**Bullfrog Films presents**

# **Growing Season**

Produced by  
Nicholas Wellington

# Growing Season

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25 minutes

Grades 7 to adult

social studies, horticulture,  
criminology, urban studies  
sustainable development

high schools  
public libraries  
law schools  
colleges  
drug and alcohol counseling centers  
public officials  
law enforcement agencies  
religious groups and churches  
youth associations  
environmental groups

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GROWING SEASON documents the innovative horticulture program at the San Francisco County Jail, started by Catherine Sneed in 1984. The practice and philosophy of tending the garden is an extended metaphor for individual and social growth and rehabilitation. Outside of the jail, the program is blossoming into a network of community and school gardens. Ex-prisoners, business people, students and gardeners, Whites, Latinos, And African-Americans, come together to work and create a place that is beautiful, functional and safe.

*"Why are we keeping people in cages and doing horrible things to them and then expecting them to leave those horrible cages and come back and be normal nice people, living with everyone? That's not going to happen."*

Catherine Sneed, Counselor  
Founder of The Greenhouse Project

*"I'd like to go work on a farm for somebody. And I want to be dedicated to the farm like I am here. And I want to work just as hard. And I want to stay clean. I was like a dead tree when I first came here. And I've seen what watering, if you water the tree and feed it nice, it grows up and it has fruit.*

*I don't want to go back to the streets and, um, just hang around and waste and die."*

Danny, Prisoner

*"This program...makes people who have no hope have hope - which is a tremendously powerful thing..... It's working with these green things, gives them a sense of life. And most of them have never had... it from anywhere else."*

Catherine Sneed

# S.F. Sheriff Department Horticulture Program

C.J. #4 Program Facility

A Program for Horticulture Therapy/Education

- I. The Horticulture program is an educational project which teaches Horticulture, Agriculture and Husbandry.
  - a) Each day class begins with inspirational reading and group discussion.
  - b) Two classes in the morning and afternoon are held each day focusing on the BioDynamic French Intensive Method of Gardening and Husbandry.
  - c) Health Maintenance in the garden is always related to a Healthy Worldview and health maintenance in the lives of each student.
  - d) Horticulture skills practiced through work in the field.
    1. Students learn gardening skills which are used in maintaining a healthy large scale garden, plant identification, proper tool use.
    2. Students learn husbandry; animal care for chicken, goats, ponies and rabbits.
    3. Students learn the BioDynamic French Intensive method of organic food production.
    4. All produce is delivered weekly to Martin De Porres Soup Kitchen and Open Hands in the Bay Area.
    5. Students do a service for the community and learn to value their role in the community.

II. The Horticulture Program also focuses on Drug and Alcohol counseling through gardening therapy.

- a) Maintaining a healthy chemical free garden and maintaining a healthy drug/alcohol free life.
- b) Students work to change from a criminal, anti-social worldview to a healthy worldview.
- c) The program encourages cooperation and productive social behavior.
- d) Students learn appropriate communication skills and healthy ways to deal with conflict.
- e) By maintaining health and balance in the garden, students begin to understand the value of health and balance in their own lives.
- f) The garden environment encourages healthy thoughts and healthy patterns of behavior.
- g) Respect for one's own life and for all life outside of one's self is the main emphasis throughout the program.

- 1. Respect is practiced within the group dynamic.
- 2. Ways to communicate respectfully and healthy ways to deal with anger and express anger are taught throughout the program.
- 3. Respect for plant and animal life encourages nurturing as opposed to exploitative relationships.
- 4. Respect for self and all human life is emphasized throughout the program.
- 5. Appropriate standards of behavior are required at all times for student participation.
- 6. Students take responsibility to work with a large group and develop job skills and healthy work patterns of behavior.
- 7. Students develop the ability to focus on their lives and choose a better life style.

*About Catherine Sneed*

"Plant a dream, The greening of SF's jail" by D'Arcy Fallon, San Francisco Examiner Sept 24, 1989.

"Ex-cons revel in gardens", by Jane Ayres, Denver Post Nov 12, 1992

*About the San Francisco Jail*

"Jailhouse Rocker: How Michael Hennessey Has Shaken Up the World of Crime and Punishment " by Douglas Cruickshank, San Francisco Examiner, August 25, 1991.

*Nature and Healthy Community*

"Trees and Crime Prevention" Anthony V. Bouza, Minnesota Gaming Commissioner, Proceedings of the Fourth Urban Forestry Conference. Washington D.C. American Forestry Association. 1987

"The Role of Trees in Human Well-Being and Health" by Roger S. Ulrich, Assoc. Dean for Research, Texas A& M University, Proceedings of the Fourth Urban Forestry Conference. Washington D. C. American Forestry Association. 1987

"Recovery from stress during exposure to everyday outdoor environments. " by R. S. Ulrich and R. F. Simons in Wineman, J., R. Barnes, and C. Zimring, eds. Proceedings of the Seventeenth Annual Conference of the Environmental Design Research Association. Washington D.C.: EDRA.115-122 . 1986

Alternative Agriculture, National Research Council, National Academy Press, Washington D. C., 1989

World Resources 1992-93: Toward Sustainable Development, World Resources Institute, Washington D. C., 1992

The Unsettling of America: Culture and Agriculture,  
Wendell Berry, Sierra Club Books, San Francisco 1977

*BioDynamic Gardening*

How to Grow More Vegetables Than You Ever  
Thought Possible On Less Land Than You Can  
Imagine, John Jeavons, Ten Speed Press, revised  
1991 ( *A thorough "how-to" and "why" volume with a  
detailed bibliography* )

For a complete list of resources contact: John  
Jeavons, Ecology Action, 5798 Ridgewood Road,  
Willits, CA 95490

Organic Gardening Magazine, Rodale Press, Inc.  
Emmaus, PA

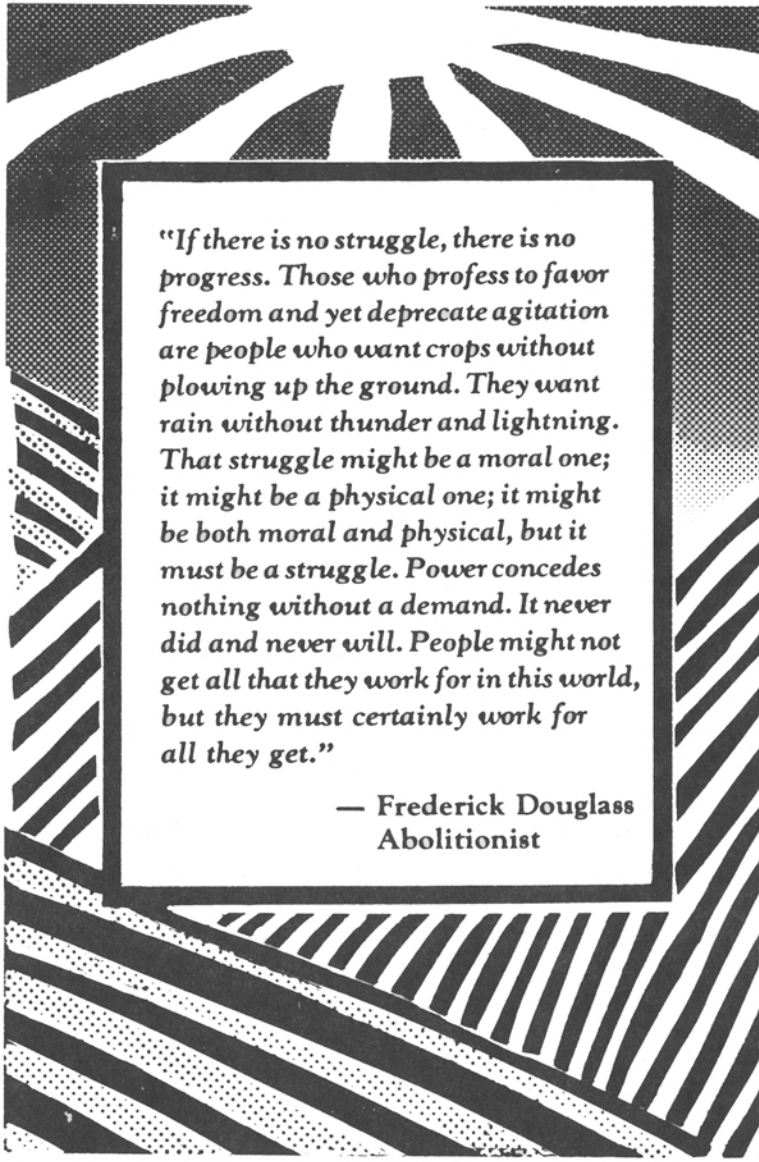
*Related Bullfrog Films and Videos*

**Circle of Plenty**, 27 minutes, featuring John  
Jeavons, illustrates how French Intensive-  
BioDynamic gardening offers a viable and sustain-  
able solution to world hunger problems.

**Getting the Most from Your Garden: Raised  
Beds for High Yields**, 27 minutes. Shows how to  
garden using the French-intensive method.

**Organic Gardening: Composting** , 10 minutes.  
How to make and use compost.

**Making A Difference**, 28 minutes. An inspirational  
film showing how ordinary people can contribute to  
the restoration of our environment.



*"If there is no struggle, there is no progress. Those who profess to favor freedom and yet deprecate agitation are people who want crops without plowing up the ground. They want rain without thunder and lightning. That struggle might be a moral one; it might be a physical one; it might be both moral and physical, but it must be a struggle. Power concedes nothing without a demand. It never did and never will. People might not get all that they work for in this world, but they must certainly work for all they get."*

— Frederick Douglass  
Abolitionist

(A reading used in the class meeting before going out into the garden.)