



DIG INTO GARDENING



**PLANT YOUR WAY TO A
HEALTHIER FUTURE**

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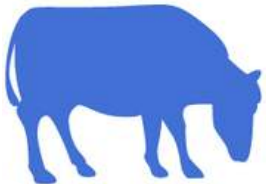
BENEFITS OF GROWING

LEVELING UP OUR HEALTH



Gardening can boost mental health, improve nutrition, and create a sense of community. A study found that community gardeners are **3.5 times more likely to eat the recommended five servings of veggies a day** (American Journal of Public Health).

FOOD EQUITY AND JUSTICE



Gardens promote healthy living, social connection, and environmental awareness, but they also provide fresh, **accessible** produce and encourage physical activity and socialization. Planting produce helps community members learn about often-overlooked topics like **nutrition** and the **environment**, creating a happier and **more connected community**.

AN ENTIRE ECO-CENTER



Gardening not only creates a beautiful outdoor space but also provides significant environmental benefits by **preserving biodiversity, improving air and water quality, reducing greenhouse gas emissions, and sequestering carbon** (EPA; North Carolina State University; Government of Canada).

THE NEED FOR COMMUNITY

“

This is something you may not be able to really learn at school or through your family members, or through your peers, and so [community gardens] create a space where everyone can come and gather and get first-hand experience and learn.



”

“



I was able to connect myself to a larger cultural history of growing food and farming through my time in the garden with my elders.

”

“

Meeting new people, learning new strategies to make their community greener, and bringing plants into their households.... I truly believe that creating a community garden has been very impactful in the improvement of not only our physical environment but also our mental health.



”

THE NEED FOR GARDENS

Communities are facing a lack of *accessible* resources due to a variety of life factors including...

Food Deserts

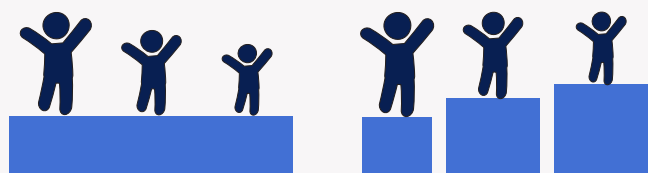
Socioeconomic Status



Accessible Education



EQUALITY VS EQUITY



Learn the Difference 

WHERE

GETTING STARTED

WHERE



BACKYARD



RAISED GARDEN BEDS

DIGGING IT

COMPANION PLANTING

FIND



CREATE

VOLUNTEER



COMMUNITY



APARTMENT



CONTAINER

VERTICAL



BALCONY

WHEN

GETTING STARTED

WHEN

Knowing the right time to plant your seeds is crucial in growing an efficient and bountiful garden. Use this calendar to get started!

[See this site](#) to get *more region specific* information.

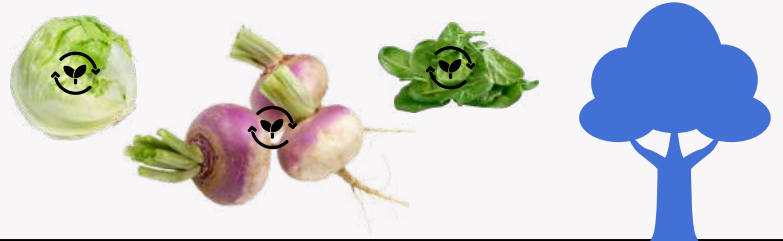
MARCH 1ST TO MAY 31ST



JUNE 1ST TO AUGUST 31ST



SEPTEMBER 1ST TO NOVEMBER 30TH



YOU CAN REPLANT THESE TO PREP FOR A BOUNTIFUL FALL

EXPECT FAST CROPS FROM THESE QUICK GROWERS



STEP-BY-STEP

PICK OUT YOUR PRODUCE

Choose your favorites!

Be sure to consider the season, time requirements, and needs of each seed.

SET THE SCENE

Ensure the soil is fertile, well-draining, and free from weeds.

You may want to add compost or fertilizer to improve soil quality.



PLANT IT OUT

Follow the instructions on the packet or label for spacing, depth, and watering requirements.



SUPPORT YOUR SPROUTS

Water plants regularly, depending on the plant's needs and the climate.🔗

Depending on what you are growing, you may need to provide support such as stakes or trellises to help the plants grow upright.🔗



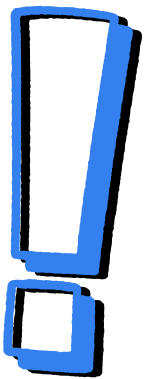
HARVEST

Harvest your produce when it is ripe, and enjoy the fruits (or veggies) of your labor!

Not sure when to harvest your crops? No worries, we've got the perfect resource.🔗

PREVENT WASTE

RE-GROW WHAT YOU CAN
PLANT WHAT YOU NEED
DONATE WHAT YOU DON'T



BEETS
CARROTS
LETTUCE
GREEN ONIONS
CELERY
ONION
GARLIC
HERBS
POTATOES
ARTICHOKES



**12 Best Veggies & Herbs to Regrow
from Kitchen Scraps**

Best vegetables & herbs to regrow from...

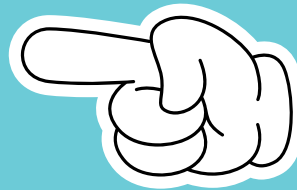
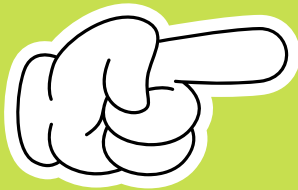
apieceofrainbow.com



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PREVENT WASTE

**REUSE
"SINGLE-USE"
PACKAGING**



**REUSE
PAPER
ROLLS**

**DONATE EXTRA CROPS TO
AN ACCEPTING PANTRY**



AVOID PESKY FOOD WASTE WITH TIPS FROM [SAVETHEFOODFL](#)

GET THE KIDS INVOLVED



FAIRY GARDENING

(A BOTANICAL LEARNING OPPORTUNITY THAT ENCOURAGES CREATIVITY AND MORE TIME OUTDOORS!)



ZERO-WASTE GARDEN MARKERS



KEEP TRACK OF YOUR PLANT CARE WITH THIS PRINT OUT 



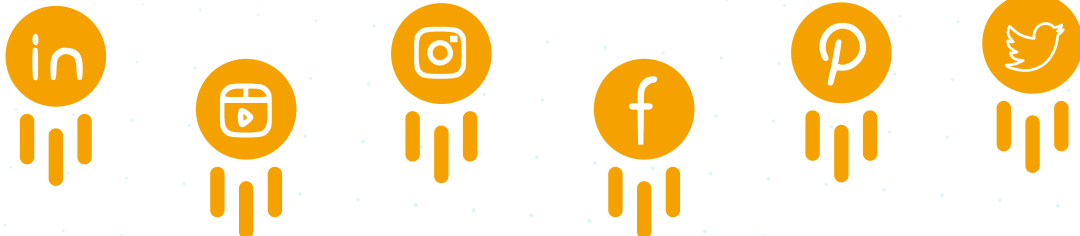
DID YOU WATER YOUR PLANTS?!

Support your sprouts each day!

Color in each day on the calendar as you care for your plants.



EXPLORE OUR OTHER OFFERINGS:



2023

ECPPROGRAM.ORG