

FOOD FOR A FAMILY

EVERY TIME YOU EAT FROM YOUR GARDEN, YOU'RE HELPING RESHAPE THE FUTURE AGRICULTURE, THE ECONOMY, AND THE ENVIRONMENT.

– Dawn Brigid, Organic Gardening

Growing your own organic food is healthy in more ways than one! Reduce your exposure to pesticides, reduce toxic pesticide and herbicide runoff from commercial farms, reduce the waste from packaged produce, and our favorite: getting your hands dirty keeps you healthy – weeding, digging, and raking all get your heart pumping and keeps your muscles strong.

It's estimated that U.S. supermarkets throw away an average of 30 million pounds of produce per day. Every home-grown carrot, cucumber, and tomato makes a difference.

OUR INGREDIENTS:

- Raised Bed: 5' x 6' x 12" (1" x 6" rough sawn hemlock).
- Compost: Our own compost, but you can purchase at your local garden center if you don't have any of your own.
- Seeds: 5 packs of organic seeds– carrots, spinach, lettuce, cucumbers, and basil (\$2.39 each).
- Cucumber trellis (*not required*): helps shade our lettuces from hot summer sun and the cucumbers like to climb.

PLANT SUGGESTIONS:

For early spring harvests, sow these seeds directly into your garden bed: radishes, carrots, lettuce mixes, arugula, chives, spinach. Replace those crops in June with heat-loving veggies and herbs such as cucumbers, tomatoes, basil, peppers, and more carrots. Before the fall, use empty space to seed more cool-loving crops again, like beets, parsnips, and radishes.

TO SEE “FOOD FOR A FAMILY” IN ACTION, VISIT OUR SUSTAINABLE BACKYARD DEMONSTRATION GARDENS AT LONG HILL.



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