



Launch your summer with  
**EDIBLE GARDENING**  
in your local park, or at home!

Edible gardens produce lots of nutritious vegetables and fruits (that can help us save money on fresh produce when we grow it ourselves!), serve as gathering points that bring people together, offer us the opportunity to experience hands-on lessons on the origins of foods, and provide us a great way to de-stress, get in touch with nature, and practice healthy living.

**WHAT KINDS OF GARDENS CAN WE PLANT?**



Plant in the ground, find a spot, till/turn over the dirt, mix in compost, and you are on your way!



Plant in raised beds, making your own frames or using kits – all are fun!



Plant in containers of all sizes, on the ground or on walls, mixing a variety of sizes and colors makes a beautiful, artsy presentation!

