

Grow Your Own Food

The Healthy Gardener

In this age of high priced food and frequent food recalls, growing your own vegetables gets a "green" thumbs up! Read on for a few compelling reasons to dig in and start your own garden!

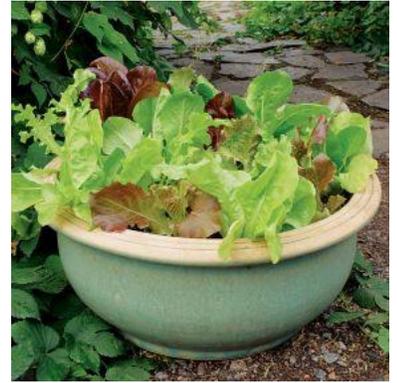


1. **Improve your family's health** - Vegetables picked from the garden are at their nutrient peak and children are more likely to eat home-grown produce.
2. **Save money on groceries** - A packet of seeds can supply a season of produce, often with extra to preserve or freeze for the winter months.
3. **Reduce your environmental impact** - Organic gardening reduces pesticides released into the water and air. Your home-grown vegetables travel a few steps, from garden to table, eliminating fossil fuel pollution from transport trucks.
4. **Get outdoor exercise** - Weeding, lifting and watering provide purposeful exercise opportunities for the entire family. Gardening is also a great way to de-stress and enjoy the great outdoors.
5. **Reduce food waste** - You are more likely to eat or preserve a vegetable in which you have invested time and energy growing in your garden.

http://www.sparkpeople.com/resource/nutrition_articles.asp?id=1275

How Does Your Urban Garden Grow?

Those urban-dwellers need not despair! There are plenty of options for growing your own vegetables in the city. The following are ideas for the space-challenged healthy gardener.



1. **Community Gardens** – This is a great way to learn about gardening and give back to the community. Volunteers tend municipally-owned gardens and share the harvest with community groups, shelters and food-banks. Some locations rent out spots for your exclusive use.
2. **Container Gardening** – Half-barrels, old tires, wood-constructed raised beds or old kiddie pools/sandboxes are perfect for a small garden. Lettuces, cherry tomatoes, peppers, chives, radishes all grow well in a confined sunny space.
3. **Indoor Gardening** – Apartment dwellers with a sunny window can grow a variety of lettuces and herbs. Soil and water requirements differ from outdoor plants so check with your local gardening center for the best options

<http://earthfirst.com/urban-gardening-you-can-grow-food-no-matter-where-you-live>