



## **It is Time for Community Gardening!**

It is that time again to play in the dirt! This is the month where every community, organizations and individuals nationwide is starting to toil the soil and nurturing their plants. This is the time to get rid of the old (such as weeds and hard clay soil) and bring in the new (such as compost - black gold and fresh organic plants). Since the recession has caused a restrain in the wallet, there are more people that are now into planting and becoming involved in community gardens. This has saved people money by growing their own of fruits, vegetables and herbs. There are many ways that you can get into the spirit of starting a community garden. One way is doing a Multicultural Community Garden where you can plant different fruits, vegetables and herbs from around the world that are acceptable based on the planting zone that you live. To find out what plant zone you are in click [here](#) . It is also good to seek out neighbors from various ethnic groups to learn about their native cuisines and gardening techniques.

Your community garden group can plant a row for the hungry since there is an estimated almost 33 million Americans, including 13 million children that resort to emergency foods because they cannot afford to purchase the food they need. Being a Volunteer Master Gardener, I was able to assist the local Public Library's Master Gardener's Vegetable Garden where we were able to donate weekly pounds of organic vegetable to the local soup kitchens. If every community garden in the United States was able to plant a row of vegetable and fruit for the hungry what a huge difference it would make to every community.

Have you ever went to the local garden store to find the "best plant" to purchase and take it home to find out that it was not? The best plants are not found in the local garden center or seed catalogs. Instead the best plants are found by gatherings of quick cuttings or by collecting seeds from the

communities' gardens. To get these best plants, your neighborhood community garden can organized a plant swap event which would encourage other to share their favorite plant specimens. You can also share cutting of one of your favorite landscape or houseplants with a neighbors in the community.

Now that winter is finally gone and spring is here to stay, try to make an effort to meet and greet with your neighbors and start a community garden today. Do you live in the Atlanta, Georgia and you have a school that is interested in a School Nutrition and Gardening Educational Classes? Check out Living Healthy - [Unity 1 Project Website](#).

Have a Bless and Healthy Day!

Denine Rogers Rd, Ld

President of Living Healthy

