

Home gardening can be good for you and for the planet!

BENEFITS OF GARDENING

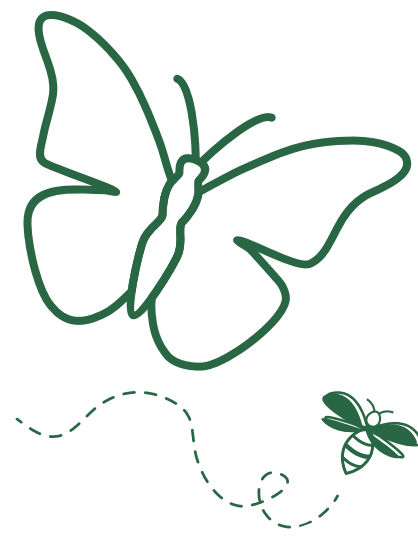


CLIMATE CHANGE

Gardens can play an important role in sequestering carbon, filtering water, and reducing soil erosion.

ECOSYSTEM RESILIENCE





Gardens with native plants can support pollinators and native species by providing essential habitat and food.



COMMUNITY & HEALTH

Gardening is a great way to build community, stay active, and promote physical and mental health!

SUSTAINABLE GARDEN TIPS

-  Incorporate native species to diversify your outdoor spaces
-  Conserve resources, such as water and soil, whenever possible
-  Minimize use of synthetic chemicals, such as fertilizers, pesticides, and herbicides
-  Make the switch from gas powered to electric lawn care equipment



LET'S GET GROWING!

HOME GARDENING GUIDE



STEP 1:

Make a plan

Use the garden planner worksheet!



STEP 2:

Get planting

See the companion planting guide



STEP 3:

Maintain

Keep an eye out for common pests & disease!



STEP 4:

Harvest

Store, cook, and preserve the harvest!

WANT TO GARDEN AT HOME?

Growing your own vegetables and herbs is a great way to get started!

Many foods can be grown in containers, making a vegetable garden a good choice for people with small outdoor spaces.

Growing your own food can help you eat more plants and make your diet more sustainable!

Gardening has many positive health benefits, resulting in greater physical and mental wellbeing!