

Reasons to Garden

1. Obtain the freshest possible produce

Produce picked fresh from the garden contains more nutrients than produce that has been processed or picked several days to a week earlier.

2. Obtain produce without pesticides and insecticides

Knowing what chemicals may or may not be on the produce you eat can have an impact on the health of you and your family.

3. Gardening is good for the body

- a. physical exercise
- b. mentally stimulating
- c. encourage creativity
- d. gets you out in the fresh air and sunshine

4. Grow types of vegetables not available in the markets or stores

Commercial farms grow varieties that can be harvested green or unripe, packed, and shipped with minimal damage. Many different, and better tasting, varieties are available to home gardeners.

5. Learn about vegetables you have never eaten

Many vegetables lose taste and texture once they are processed, causing many people to think they don't like a particular vegetable. Vegetables fresh from the garden taste better and contain more vitamins and minerals than processed vegetables.

6. Have quality time with family members

Gardening is a pastime that can be enjoyed by the entire family, no matter what their age. Everyone can do something in the garden. This promotes a sense of accomplishment and self-esteem.

