



## Plant A Garden With Your Healthy Ministry

### Tips:

- Identify the land.
- Make sure the land gets at least 6 hours of sunlight on a daily basis.
- Make sure water is accessible.
- Form a planning committee

**For more helpful tips, visit your local gardening center or visit the following sites:**

American Community Garden Association [Tips on starting a community garden \(tamu.edu\)](https://www.communitygardens.org/tips-on-starting-a-community-garden)

Noble Research Institute [How to Start a Community Garden \(noble.org\)](https://www.noble.org/how-to-start-a-community-garden)

Gardenista [How to Start a Community Garden \(In 5 Steps\) - Gardenista](https://www.gardenista.com/how-to-start-a-community-garden-in-5-steps/)

Vermont Garden Network [Start a Garden — Vermont Garden Network \(vtgardens.org\)](https://www.vtgardens.org/start-a-garden)

Planting a garden can be difficult, and sometimes hard to tend to. However, growing your own food provides real resources for healthier eating. Community gardens are a great opportunity to grow your own fresh, local produce that you can share with others. Especially the congregation, families, community members, and homebound seniors in need or local soup kitchens and food pantries. Studies have shown that community gardens create opportunities for recreation and moderate-intensity exercise, improved mental health, more social interaction and connection to others, and may lead to eating more fruits and vegetables. Gardening is also a great way to introduce members of the congregation, especially children, to different and new fruits and vegetables as well as a way to share recipes and fellowship between generations.

### ■ Cost:

Starting a garden could range between \$500 to \$7,500; cost varies greatly depending on the size and design of your garden. There would also be ongoing supply and maintenance costs. Costs might include purchasing seeds, transplants, gardening equipment, soil, and fertilizer. However, don't let the costs intimidate you. Funds and supplies could be raised through donations, grants, and/or a community fundraiser.

### ■ Time:

A garden is a significant investment of time. It would take time to design your garden, secure supplies, and plant. There's also ongoing time to water, weed, and maintain it. While this is an opportunity for fellowship within your congregation, consider reaching out to local volunteer organizations to see if they would be interested in partnering with you to provide expertise and/or additional volunteers to assist in the garden.

