

Grow Appalachia
gardens offer many
benefits to the people of
Rockcastle County

Fresh, healthy and delicious
locally grown food options.

Enhanced sense of community
resiliency, and partnership
through rediscovery of their
Appalachian food heritage.

Increased self reliance and self
esteem.

Financial savings resulting from not
having to pay the high costs of
imported food.

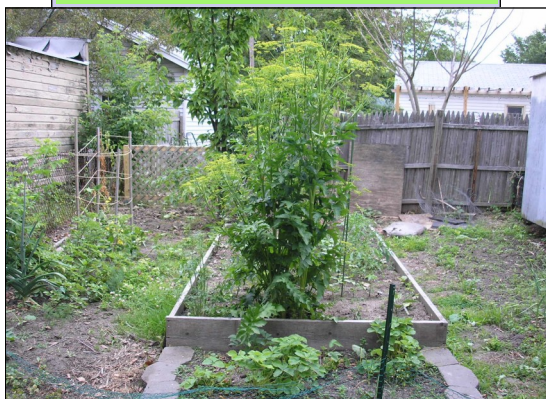
Potential source of income from
local farmers' markets and
cooperative regional marketing.

Discovering the joys and sense of
well-being of growing their own
food.

**Grow a garden. Grow healthy,
Grow new friends. Grow organic.
Grow your own food.
Grow a smile!**



**Plant for
the
future!**



Get Involved!

**Would you like to have a garden, but
need some assistance?**

**Would you like to have a garden but
don't have the space?**

Grow Appalachia is looking for garden
project participants. We can assist you
with a home garden, or offer you space in
a neighborhood community garden.

What is a community garden?

Neighborhood community gardens are
typically located on land that is divided
into plots for individual and family use.
The land is made available for gardening
and the participating gardeners are
responsible for the planting, maintaining
and harvesting their own plots, as well as
helping to manage the overall site.

*Have your own space and prefer a home
garden?*

Grow Appalachia will also assist in the
development of personal home vegetable
gardens.

*Not interested in having a garden, but
want to support local gardening?*

Send in or drop off a donation to
Grow Appalachia!

**Join Rockcastle County's
Grow Appalachia
gardening project!**

Call or Email:

606-256-0077

nseaberg@a-spi.org



GROW APPALACHIA

**GROW
APPALACHIA**

Dedicated to helping
Rockcastle County families
grow a healthy future for
themselves and their
communities.



**Appalachian Community
Gardening
and Food Security Project**





GROW APPALACHIA
assists Rockcastle Co. families by:

Providing families with skills and resources to grow gardens for sustainable, nutritious food.

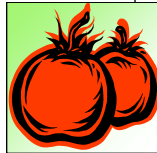
Teaching families how to prepare and preserve food in a healthy way.

Empowering families to share their knowledge within their community.

Supporting programs to provide food to elderly and disabled residents in need.

Supporting local farmer's markets as a way to sell surplus food.

Exploring ways to expand food production through alternative growing methods and crops, including wild edibles, as well as helping to preserve local heirloom varieties of vegetables.



Grow healthy vegetables!



Regional needs to be addressed

Basic diet-related health concerns: obesity, diabetes, heart disease.

Limited availability of high-quality fresh produce.

Generational loss of knowledge of gardening, cooking, and food preservation skills.

Widespread economic dependency and lack of autonomy.



Plant for year-round gardens!

Planned outcomes

Provide Rockcastle County families the resources and support to produce more of their own food.

Develop systems to share surplus produce with elderly and disabled peoples.

Support systems to market surplus produce to local residents or, cooperatively, to a wider regional market.



Grow Appalachia is committed to:

Identifying and organizing local families to receive support to create and maintain productive and economical home gardens.

Assisting in the development of local community gardens.

Providing educational programs to share up-to-date information about gardening.

Distributing needed hand tools, seeds, and plants as funds allow for each family.

Supporting ecosystem friendly, organic, sustainable techniques. This will see an increase each year in the health of the soil and the land's capacity to provide for the people of Rockcastle County.

Working with families to help encourage and support local farmers' markets for vegetables produced in excess of families' needs.

Reintroducing local youth to the joys and skills of food production, processing, and direct marketing, as well as reinforcing the value of self reliance.



Eat from your own garden!



GROW APPALACHIA

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