

GROW APPALACHIA



Do you want to have a garden to provide for your family but don't really have a 'green thumb'? Do you already have a family garden but need some help in getting ready for this season?

The **Grow Appalachia** Project is looking for up to 30 families who are interested in having a family garden or becoming members of a community garden. **Grow Appalachia** will provide project participants with the equipment to prepare and maintain their gardens as well as educate them in basic gardening, cooking and food preservation skills. **Participating families will be provided with the following: hand tools, fertilizer & soil amendments, seed/starter plants, as well as some canning equipment. They will also benefit from use of the project tiller and soil testing.**

Grow Appalachia is dedicated to helping Rockcastle County families plant a healthy future for themselves and their communities by:

- Providing them with skills and resources to grow sustainable, nutritious food.
- Teaching them how to prepare and preserve food in a healthy way.
- Empowering them to share their knowledge in the community.
- Creating programs to provide food to elderly and disabled residents in need.
- Supporting local farmer's markets to sell surplus food.

Priority will be given to low-income and multi-generational households.

Interested families should contact: Garden Project Coordinator

Nancy Seberg

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Project Partners:

