



Why grow your own food?

The price of food has increased over 5% in just the last year. This reinforces the ongoing challenge for people with low-incomes to have access to healthy food sources. Growing your own food in your backyard, or through a community plot, has several benefits:

- 1. Economic:** Food grown at home is 1/6th the cost of buying it at the grocery store.
- 2. Community:** Backyard farming can facilitate interaction between family members, neighbors, and local organizations.
- 3. Empowerment:** Growing your own food promotes self sustainability and a sense of self worth.

What can the Harvest Network do for you and your community?

Individual Gardens: We can help you start your own personal garden, full of nutritious fruits, vegetables, and other food sources like chickens.

Group Gardens: Know a few people who want to work together on a garden? We can help your group or organization get started.

We do this by providing the following services:

Consultation: A personal on-site visit to help you plan your garden around your personal needs, including your budget.

Educational Resources: This includes gardening, nutrition, and backyard farming classes.

Gardening Supplies: We provide gardening tools, seeds and tiller rentals at low cost.



How can you contribute?

- Encourage others to start individual and group gardens.
- Get your local organization involved.
- Provide mentoring for people who have never grown their own food.
- Donate gardening supplies and land.
- Financial support.

The Harvest Network helps people experience the benefits of growing their own food. We empower people towards personal dignity, self sustainability, and generous community.



A viable neighborhood is a community: and a viable community is made up of neighbors who cherish and protect what they have in common.

Wendell Berry



The Harvest Network

“Don't buy it, grow it”

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The Harvest Network



Helping people
feed
themselves.