



∞ Why Build an Organic Garden ∞

Connection – As you observe your garden growing you will develop a deeper connection to the natural world and become more aware of the seasonal cycles of growth and dormancy; the natural processes of the earth.

Learning – An organic garden gives both children and adults a hands-on opportunity to learn about where our food comes from and a pathway for understanding and respecting nature.

Nutrition – Growing organic food ensures that you will have access to freshly harvested food which hasn't lost its nutritional value during long distance transport - and it tastes better!

Care for the Earth – The average produce item travels 1,500 miles from the farm to your plate. Eating home grown food lessens the impact of fossil fuels on the environment as it requires no transportation– you can step outside your door to pick up your vegetables, fruits or herbs!

Food Safety –Pesticides and genetically modified organisms (GMOs) are abundant in the food supply and children especially are susceptible to their risks. By growing your own food you will know where and how your food was grown and that it is healthy and free of pesticides and GMOs.

Enjoyment – Caring for a garden gets you outside and enjoying the natural world on a regular basis and brings beauty into your life. The satisfaction that comes as a result of creating a garden and tending to it is immense – making a meal with the food you've grown is also a wonderful experience.

Herbal Medicine – You can make your own herbal medicine by growing herbs and using them to make teas, tinctures, salves, poultices, compresses and steams. For information on making herbal remedies check out www.bagelhole.org/article.php/Health/177.

Community – An organic garden can be a place you invite your friends and neighbors to enjoy and it will create an abundance of vegetables, flowers and herbs to share. A neighborhood or community garden gives everyone an opportunity to deepen their relationships with one another and to share in the joy of creating and sustaining life together.

The Future – Building an organic garden is good for the health of our planet. It replenishes the soil, heals the earth, creates a sanctuary for plants and animals and will leave a positive legacy for our children.

***This onesheet was prepared by our friends at Sustainable Life,
www.sustainablelife.org.***