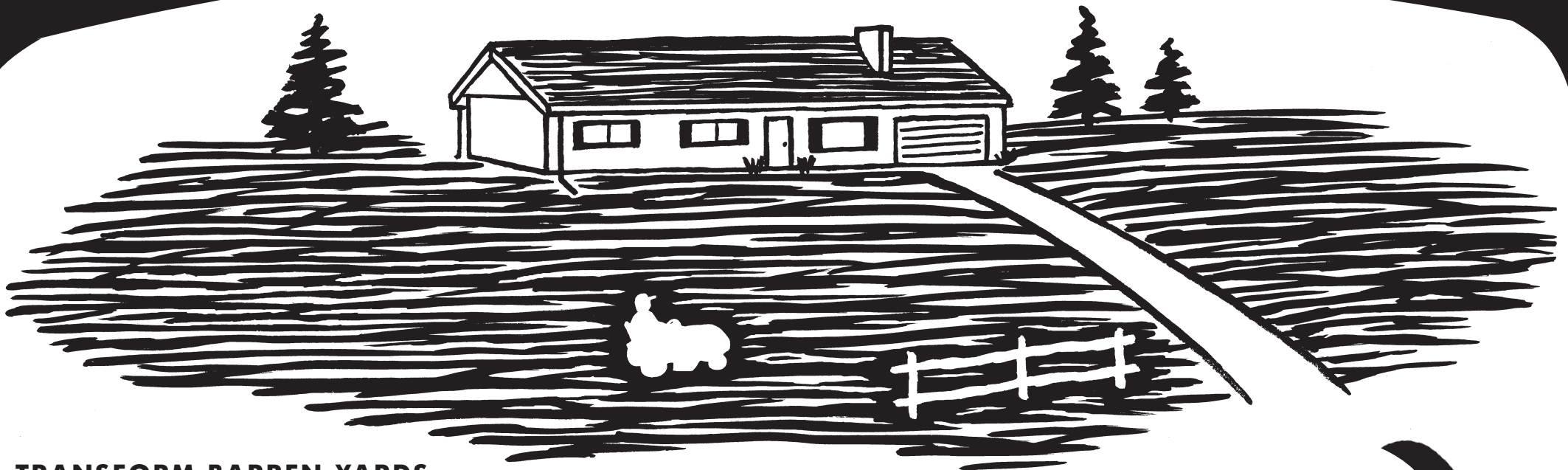
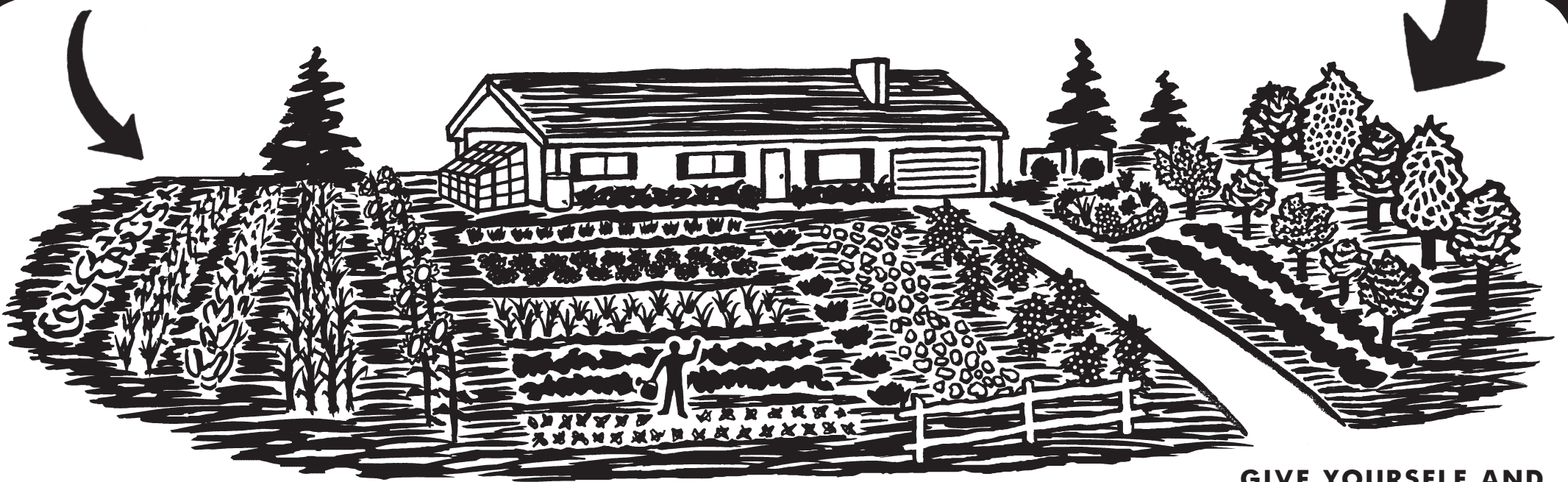


LEARN TO GROW YOUR OWN FOOD

ANYONE CAN DO IT



TRANSFORM BARREN YARDS
INTO FOOD-GIVING ORGANIC GARDENS



GIVE YOURSELF AND
YOUR FAMILY FOOD SECURITY

NO YARD OF YOUR OWN? FOOD CAN BE GROWN WHEREVER THERE IS SUNLIGHT

STUDY PERMACULTURE

VACANT LOTS



WINDOWS/BALCONIES



ROOFTOPS



- Seeds are inexpensive and can be saved and traded. Compost can be made from much of the garbage that you normally throw away; containers for growing can be found or made

- Resources and knowledge are all around you; look on the web, in the Library and ask your older neighbors and relatives (who have had gardening experience) to share their wisdom

- Do your part to conserve fuels and help the environment by eating local, organic foods

- Discover new "heirloom" varieties of fruits, veggies and herbs, more delicious/nutritious than store-bought

We live in uncertain times...the cost of fuel is skyrocketing, the environment is in serious trouble, food shortages are rampant, and much of our produce comes from halfway around the globe. Did you know that grocery stores only hold about a 3-day supply of food? What would you do if that supply suddenly got cut off? An easy thing to do is learn to grow your own food, like the Victory Gardens of yesteryear.

POSTER by PJ CHMIEL

SATISFACTION ★ STEWARDSHIP ★ PREPAREDNESS