



... Plant Strong Families and Communities ...

Connecting with Nature as YOU Enjoy and Grow Your Own Healthy Herbs, Fruits, and Vegetables

The tradition and benefits of farming to include home and community gardens is powerful. 50% of Americans were farming in 1880. During World War II, the government rationed many foods. Rallying to address this challenge and offer an example for the entire nation, Eleanor Roosevelt, the First Lady, set an example for the entire nation with the creation of her Victory Garden. Nearly 20 million Americans answered the call. They planted gardens in backyards, empty lots, and even on city rooftops. Neighbors pooled their resources, planted different types of produce, and formed cooperatives--all in the name of patriotism. By the time the war ended, home gardeners were producing 40 percent of the United States' produce. Now less than 2% of the nation is employed in agriculture and 0.1% of Americans grow their own food in their backyards.

Each day, we are experiencing an explosion of chronic disease, ecosystem collapse, and biodiversity loss. Many of us experience a multitude of symptoms as a result of living in a toxic environment, eating toxic, processed foods and living an unhealthy lifestyle. Is there a connection between the significant loss of farming efforts and the challenging issues we face. The short answer is YES!

Our Mission is to inspire, enlighten and empower kids, individuals, families, and communities to evolve through connecting with nature, growing organic, healthy, nutrient dense food, building thriving communities and giving back to the Earth. By learning to work in a co-creative process with mother nature, we will experience an abundance of life and health.

The nutritional value of food grown by you and for you (and your loved ones!) is unlike any other. The intentionality that you put into planting seeds and caring for plants with love is reciprocated by the plants. They can feel your energy, whether positive or negative, so it's important to have a positive relationship with your plants, because they will be growing to nourish you.

Gardens bring us closer to nature, but they also can bring us closer to ourselves and our community. Planting seeds with people, growing food with people, caring for plants with people, harvesting with people, and then cooking and eating food with those people, all while having meaningful conversations and positive intentions during these processes, creates the optimal conditions for your body to digest the nutrients in food.

Plant Strong Families and Communities advocates for healthy, ethical, and sustainable food. We promote healthy lifestyles through education, enjoyment of and growing plant-powered foods within our home and community gardens. We support the creation of social capital through social interactions among family members and people within our gardening communities!