



# HOW DOES YOUR GARDEN GROW



## JOIN US IN OUR VEGETABLE GARDEN

Middle school girls are invited to reap the many benefits of vegetable gardening:

**Health:** learn about gardening and nutrition

**Fitness:** exercise by planting, feeding, and harvesting your own food

**Community Service:** donate some of the vegetables to those in need in our community

Come Grow With Us!  
Register **here** for Saturday morning meetings in our Long Reach garden.



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