

COMMUNITY GARDENS STRENGTHEN PARK FOREST

Through a community garden, you can:

- **Save money.** Produce you grow yourself is much less expensive than anything you would find in the grocery store. Community gardeners can save an estimated \$75 to \$380 on yearly food costs.
- **Eat healthier.** Fresh produce tastes better and has a higher nutritional value than than produce shipped from across the country. As an added bonus, you avoid fossil fuel emissions from transporting and processing food.
- **Get active outdoors.** Gardening is great exercise and can be done while social distancing. Studies show gardening reduces stress and contributes to physical and mental health.
- **Beautify neighborhoods.** Empty lots are less attractive than flourishing garden spaces. Community gardens add diverse plant life and help keep neighborhoods pleasant and green.
- **Meet your neighbors.** Community gardens are shared spaces that bring people from diverse backgrounds together in a common goal.
- **Support native plants.** Adding native plants helps support pollinators and reduce flooding and water runoff, helping our ecosystem and keeping your yard dry.
- **Learn new things.** Not everyone starts out as a Master Gardener. Gardening is a process of trial and error that results in significant rewards. People of all ages can acquire and share skills and knowledge related to gardening, cooking, nutrition, health, culture, and more.



Get involved at
VillageOfParkForest.com/736/Community-Gardens

