



*Bless Your Heart*

## Establishing a Church Garden

Eating fruits and vegetables and exercising are two ways you can live a heart-healthy lifestyle. Building a church garden can combine these activities by getting church members to work in the garden and providing fresh produce to eat. These fruits and vegetables can also be used to prepare food for church events or for a local farmer's market.

Your State's Cooperative Extension Service has several guides for gardening. It may also have articles on composting, controlling disease, insects and weeds, a gardening calendar and information on growing fruits, nuts, vegetables and herbs in your region. Go to <http://www.nifa.usda.gov/Extension> to find one in your area.

The American Community Garden Association also has tools to help with a church garden, including a fact sheet with items you should consider before planting. These include:

1. Forming a planning committee
2. Choosing a site
3. Preparing and developing the site
4. Organizing the garden
5. Insurance
6. Setting up a new gardening association
7. How to manage your community garden
8. Troubleshooting