

JOIN (OR START) A COMMUNITY GARDEN

Having nutritious food options available is a key in maintaining good health.

One particularly fun initiative that can ensure healthy food for everyone is a community garden.

- ◆ people of all ages can grow healthy fruits and veggies.
- ◆ Gardeners get exercise
- ◆ Learn how to grow your own food
- ◆ Involve the whole family; children learn where their food comes from
- ◆ Establish life long healthy eating habits
- ◆ When kids take part in food production, they are usually much less hesitant to try out new fruits and veggies at dinnertime



For more information about how to start a community garden:

Resources:

- Coalition of Community Gardens, Tampa Bay
www.coalitionofcommunitygardens.weebly.com
Kitty Wallace, kittwal@aol.com
- UF/IFAS Extension, Hillsborough County
(813) 744-5519 X 54146
- American Community Garden Assoc.
www.communitygarden.org

Grow Healthy Hillsborough



- ⇒ Eat more fresh vegetables
- ⇒ Exercise regularly

YOU CAN DO IT IN A COMMUNITY GARDEN!

GROW YOUR OWN FOOD

- * Benefit your whole family
- * Benefit your whole community

EXERCISE REGULARLY

- * Join or start a garden in your community: exercise your mind & your leadership skills
- * Walk to the garden
- * Tend your garden
- * Harvest fresh veggies!

Check inside for a community garden near you.

Community Gardening in Hillsborough County

- Apollo Beach Community Garden, Apollo Beach County Park, Paula , pahrn@yahoo.com
- HOPE Community Garden, 4902 N. 22 St., Tampa, Suzette Dean, bministr@yahoo.com
- Mustard Seed Garden at Lutz Community Church, Lutz. 601 Sunset Lane, Lutz, Ardell ONeal, adosr6@gmail.com
- Plant City Commons Community Garden. Karen Elizabeth, 2001 E Cherry St. Plant City, 12circle8@gmail.com
- Progress Village Community Garden, Progress Village Civic Council, (813) 741-3604
- Robes Park Village Community Garden. Reva Iman, imanreva10@aol.com, 3518 N Avon Avenue, Tampa
- Seeds of Faith Community Garden at Bay Life Church, 1017 N Kingsway Rd, Brandon, Steve, smckinnon97@gmail.com
- Seffner CommUNITY Garden, 406 N Kingsway Ave., joy.ingram@verizon.net
- Seminole Heights Community Garden, Colleen Parker, 6114 River Terrace ,Tampa, info.shcg@gmail.com,
- Sulphur Springs Community Garden, 1506 Eskimo Ave., Meagan.Smithyman@TampaYMCA.Org
- Sustainable Living Project, 918 W Sligh Ave., Georgea Snyder, slpgeorgea@gmail.com,
- Tampa Bay Community Garden at St. Mary's Ethiopian Church, Fr. Bekele, 2418 S. 86 Street , 679-4982
- Tampa Heights Community Garden, 605 E. Frances Ave., Kitty Wallace, Lena Young Green, 992-0940, kittwal@aol.com
- Temple Terrace Community Garden, 329 S Riverhills Dr., Temple Terrace, Valerie Futral, ricoflash@gmail.com
- University Area Community Garden, 14013 N 22 Street, Tampa, Erica Nelson, enelson@uacdc.org
- VISTA Gardens, Carrollwood, 13572 South Village Dr., Bill West, bw.vistagardens@gmail.com,
- Waters Avenue Church Community Garden and Food Forest, 609 W Waters Ave, Jessica Brenner, jeccabrerr@gmail.com
- Ybor Street Community Garden, 2924 Ybor St., Jessica Brenner, jeccabrerr@gmail.com

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