

## What is a Community Garden?

A community garden is a piece of land shared by a group of people.



Joining the Tweed Community Garden is a great way to lower your food costs, eat healthy, enjoy the outdoors, meet new people and learn something new!

**Garden membership is FREE.**

## Tweed Community Garden 2011

Where?

Behind Moira Place Long Term Care Facility

Who can Join?

**Everyone!**

Garden experience is not required. We encourage families, individuals and groups to be involved in the Community Garden.

For more information:

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**613-478-1211**





**Gateway Community Health Centre**  
Every One Matters.

# Tweed Community Garden 2011



## I want to join...What do I have to do?

### Membership is easy!

Members help out at the garden at least 1 hour every week.

Shared duties include working together to plant, water, weed and harvest the garden.



**Members take home fresh vegetables for free.**

## Important Dates

### Information Session Thursday, March 24th 6-7pm

Join us at Gateway CHC to learn more about becoming a community garden member.

### Monthly Learning Sessions Last Thursday of Every Month 6-7pm

Members meet once a month with a garden expert and Nutritionist to learn about growing vegetables, building gardens and eating healthy. Bring a friend!



## What We're Growing This Year



Tomatoes	Radishes
Peppers	Beans
Lettuce	Beets
Onions	Peas
Cucumbers	Squash
Zucchini	Carrots