

HOW DOES YOUR EDIBLE GARDEN GROW?

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GARDENING IS EXERCISE TOO! TAKE GOOD CARE OF YOURSELF..

GARDENING INVOLVES A LOT OF REPETITIVE MOVEMENTS,
SO START OFF WITH A GOOD STRETCH BEFORE DIGGING IN.

KEEP YOUR BACK STRAIGHT AND BEND YOUR KNEES WHEN YOU LIFT.

ALTERNATE YOUR GRIP WHEN RAKING, DIGGING OR HOEING.

DON'T FORGET THE POWER OF THE SUN. WEAR SUNSCREEN
AND A HAT, KEEPING WATER HANDY TO QUENCH YOUR THIRST.

PLANT • GROW • SHARE With Those in Need

