



Growing and Nourishing Healthy Communities



Are you inte res ted in gardening?

We offe r a se ries of six lessons to learn about growing your own produce, plant ing in raised beds and containe rs, gardening skills, and making heal thy recipes with your fresh vegetables.



- 1.Raised beds- Plant seeds/seedlings to begin your garden, build newspaper pots and understand how to construct a garden bed
- 2.Soils and Compost—Learn about soil and plant health, how to compost and evaluate types and components of soil.
- **3.Choosing a garden location** Evaluate and select a garden site, evaluate information growing a community garden.
- **4.Maintaining your garden** Keep a garden journal, investigate problems and record information taken to resolve problems, learn how to maintain your garden and troubleshoot problems.
- **5.Disease and insects** Identify common plant diseases and common vegetable insects. Identify beneficial pest and insects.
- 6. Harvest time—Identify best procedures for storing and harvesting produce. Learn how to save seeds.



For more information Contact:

Dorothy Herbst
Urban Agriculture Educator
AgriLife Extension - Bexar County

P: **210-631-0400** F:210-631-0400 E: *dorothy.herbst@ag.tamu.edu*