

Community Garden Fair

August 8, 2013 from 9:00 am to 2:00 pm



PUBLIC INVITED TO AUG. 8 COMMUNITY GARDEN FAIR

5 Ways Gardening is Good For Your Health

1. Ensures nutrient-rich produce: it's much easier to know what's in your food if you grow it yourself! Spending a few extra dollars up front for organic soil and fertilizer ensures healthy, organic produce for your family!
2. Get happy: gardening is great for wellness benefits because it provides a daily excuse to get outside! Studies have shown that five minutes of outdoor physical activity reduces stress and improves mood and self-esteem!
3. Boost vitamin D levels: aka the "sunshine vitamin. Vitamin D has been proven to have protective effects against illnesses such as heart disease, stroke, osteoporosis and even cancer! The most efficient way to boost Vitamin D levels is



sensible sun exposure, and what a better way to do that than by gardening!

4. Heal faster: if you are under the weather, research has shown that a little time in the sun may do you good!
5. Think more about your food: committing time, effort and money to caring for our plants provides a stronger connection to the food we produce, rather than just picking it off of a shelf at the local market. This not only gives gardeners a sense of accomplishment, but also helps them think a bit more about what they're eating and make **healthier choices!**

For a wide variety of recipes that put your fresh produce to good use visit:

<http://earth911.com/tag/recipes>

For gardening safety tips visit:

<http://www.cdc.gov/family/gardening/>

To learn more about community gardening visit: <http://de.gov/plantinghope>



A family-friendly community garden fair will be held on Aug. 8 from 9:00 a.m. to 2:00 p.m. at the Department of Health and Social Services (DHSS) Herman Holloway campus in New Castle. The campus address is 1901 N. DuPont Hwy.

The event, which is free and open to the public, features recipes and samples, gardening speakers, and other entertainment. Attendees can learn about local sources of fresh produce, approaches to starting home gardens, and tools that make gardening easy for people of all abilities. The event is being hosted by DHSS, the Delaware Department of Agriculture, and many partners.

The Garden Fair celebrates the "Planting Hope in Delaware" initiative that provides a healthy activity for DHSS employees and volunteers to grow fresh, healthy food to enhance and improve the health of the greater community. The Farmers Market will be open during the fair.

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