



Grow Your Own

**EFNEP and SNAP-Ed welcome you to
6 **FREE** virtual lessons in
beginning gardening**

**which are designed to help
limited-income populations learn about:**

- Growing vegetables and herbs at home
- Starting with seeds or seedlings, in containers or in the ground
- Food and water for your plants
- Composting
- How to deal with pests and diseases
- Harvesting and eating what you grow



**Please contact your Nutrition Education
Assistant for more information:**