

# LEARN.GROW.EAT

## Benefits of Gardening

Fresh fruits and vegetables are healthy and taste great!

Provides extra time for fresh air, sunshine, and exercise during school.

Learn first hand about how fresh foods are grown from start to finish.

Relieves stress.

Makes you happier!

Saves money by growing your own food.

#1  
SUN



#2  
WATER



#3  
SOIL



#4  
ENJOY



## Tips to Grow a Garden

For gardening tips and detailed instructions on growing a garden, visit <https://garden.org/>