

Itasca Community Garden



Rent your plot!



About the Garden:

The Itasca Community Garden is located at the University of Minnesota North Central Research and Outreach Center (1861 E Hwy 169, Grand Rapids) and coordinated by Get Fit Itasca. All are welcome to rent a plot for the season!

The Garden Provides:

- ◆ A tilled plot with irrigation and a water spigot
- ◆ Hand-held garden tools
- ◆ Compost area
- ◆ Educational resources and social events

Gardeners:

- ◆ Rent your plot for \$15 and all additional plots are \$10 (some financial assistance is available upon request)
- ◆ Plots are 8' x 10'
- ◆ Maintain your own selection of seeds/plants
- ◆ Maintain your plot for the season
- ◆ Harvest fresh produce for personal use

Rent your Plot!

Garden coordinaton is managed through Get Fit Itasca at the YMCA.

Plots will be available for rent for the next growing season, Spring 2017.



Healthy eating tips:

- ◆ Grow your own produce
- ◆ Freeze your excess garden produce
- ◆ Choose in-season produce at the store
- ◆ Buy fresh from the farmer
- ◆ Eat more vegetables

Read the label when grocery shopping:

- Check the number of servings in the package, nutrients are listed for 1 serving
- Choose lower sodium products
- Choose lower sugar products
- Choose products with fewer ingredients

For more information visit:

www.getfititasca.org

Follow the garden:



healthy
northland
connecting people to resources & programs

Funded by the Minnesota Department of Health and the Centers for Disease Control and Prevention.