PLANT. GROW. SAVE.

WHAT IS CULTIVATE IOWA?

An initiative sponsored by the Iowa Food Systems Council, Cultivate Iowa works to promote the benefits of food gardening and produce donation to create a sustainable future and healthier communities in Iowa.

PLANT SOME GREEN.
SAVE SOME GREEN.

There are many benefits of food gardening, but did you know how easy it can be or how much money you can save by starting your own? With expenses piling up and prices constantly rising, the most important benefit of gardening is the bottom line—the savings. Gardening is a low-maintenance, low-cost source of food for you and your family. Grow what you want and how much you want right on your doorstep.

"A home vegetable garden...will result in a 1 to 25 cost-savings ratio."* So $20 in seeds and supplies can produce $500 worth of groceries.

SIZE DOESN'T MATTER.

Container gardening is a great alternative for those that don't have the space for a backyard garden. You can use almost any type of container from around the house and grow your own produce on your windowsill, patio or front porch. In addition, your time spent maintaining a container garden is far less than a backyard garden. What's better than saving space and time? Saving money, too.

"All you really need to get started is a container, some potting soil and either seeds or plants."**

ALREADY HAVE A GREEN THUMB?

A little-known fact is that food pantries and other organizations are lacking in produce donations. Yes, you read this correctly. Food pantries love getting fresh produce. It's often the first item off the shelf.

If you are a community gardener, master gardener, or just have a few plants growing in the backyard, Cultivate Iowa encourages you to plant extra to donate to local food pantries and organizations in need of fresh produce. Even if it's just a few extra zucchinis, any produce donation helps grow your community.

Sources:
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