



because every choice matters

## FOOD GROWING ACTIONS

Create a front/backyard garden or expand an existing garden

**Preserve your bounty - can, dry, ferment, pickle**

Commit to eating local — join a Community Supported Agriculture (CSA)

**Convert your lawn, patio or balcony to food production**

Grow or make enough to share or trade

**Learn to cook fresh, local, in-season meals - they taste better!**

Visit your local Farmer's Markets

**Plant in containers if you're renting or have limited space—take advantage of windowsills**



Small Acts  
Lead To  
Large Changes

- Start a worm bin or compost pile
- Plant a row for a local food bank
- Plant a fruit tree
- Start or join a community garden
- Plant perennials — they don't have to be re-planted each year
- Save seeds and plan a seed swapping party



Grow hops for **home-brew** or apples for hard cider. **Make your own** - yogurt, bread, sauerkraut, juice, kombucha, beer or mead. **Keep bees** for honey and pollination. **Get chickens or ducks** to turn food scraps into eggs or meat. **Think food forest** — mimic the dynamics of forest ecology. Incorporate integrated pest management — add plants that **attract beneficial insects**.

Companion plant for higher, tastier, more diverse yields

*Push your limits—grow a new crop or try a new gardening technique such as hugokulture*

Go vertical — fill unused space and create shade with vining plants like beans, peas, cucumbers, grapes, hardy kiwi, maypop or hops

*Enrich your soil — plant nitrogen fixers and dynamic accumulators for nutrient dense compost or chop-n-drop material*

Build a greenhouse to get started early in the season.

