



Grow a Garden!

Gardening is a great way to get active! You use lots of muscles when you dig, hoe, weed and cut. An hour of gardening can burn as many calories as an hour of jogging.

Gardening is a wonderful activity for children, too, because it teaches kids about life science - and a whole lot more. It is a wonderful outdoor family project all summer long.

Vegetable gardening can help you cut your grocery bill while improving your family's health. Gardening doesn't have to be expensive and you don't have to own a big yard to do it. All you need is a square foot of ground (or some pots) some seeds, a trowel, a spade, sunshine and water.

Local communities may have garden space for families.

- Lancaster: Reserve your plot at 723-3700
 - Cuba City: Located by St. Rose Church – cubacity.org
- Your local library and UW-Extension have dozens of good gardening resources to give you tips and get you going.

If you don't grow your own, look for fresh vegetables and fruits at local farm stands or locate local farmers markets at wifarmersmarkets.org.

Master Gardeners are trained volunteers who aid UW-Extension staff by helping people in the community better understand horticulture and their environment. To find out more about the training sessions and the Master Gardeners of Grant County call the UW-Extension office at 723-2125. <http://grantcountymastergardeners.weebly.com/>