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Startup Resources & Trainings Available for Community Gardens!

January 6, 2015—The Garden Project, a program of the Greater Lansing Food Bank, is now registering groups throughout mid-Michigan interested in starting and maintaining community gardens. The 2015 Garden Leader's Training Series will be held in Lansing over the course of three Saturdays (2/21, 2/28 and 3/14) from 9:00-12:30pm at the GLFB Administrative offices at 919 Filley St in Lansing. By offering these trainings, we hope to strengthen the web of support that helps gardens to flourish; participation with a team of 2 or 3 people from each site/project is encouraged.

In addition, new community garden projects in Ingham, Eaton, Clinton, Gratiot, Shiawassee, Isabella and Clare counties (whose leaders participate in Garden Leaders Training) are eligible to apply for garden resources and assistance. Projects may also receive tilling, seeds, plants, supplies, educational materials, consultations and more. For a garden start-up application, go to: www.greaterlansingfoodbank.org and find the Garden Project under Programs.

Community gardens provide an opportunity to grow your own healthy food, nourish cooperation, and create a sense of unity among participants. A community garden will increase the natural beauty of your neighborhood, as well as create opportunities for recreation, exercise, therapy and education. Participation in a community garden allows neighbors to save money on grocery bills while increasing access to local fruits and vegetables. Gardeners affiliated with the Garden Project save an average of \$123.50 with their homegrown produce each year! The Garden Project worked with more than 5,000 individuals through home and community garden programs in 2014 and looks forward to helping even more gardens flourish in 2015.

If you are interested in leading either a new or an existing garden site, now is the time to register for the Garden Project's series of Garden Leader's Trainings. A suggested donation of \$5-\$30 per training is requested. Contact the Garden Project at (517) 853-7809 or by **e-mail at gardenproject@GreaterLansingFoodBank.org to register and learn more.** Please pass along this information to those you believe share your passion for leading in the community.

About The Greater Lansing Food Bank's *The Garden Project & Lansing Roots*

As a program of the Greater Lansing Food Bank, ***The Garden Project*** is dedicated to growing healthy food and cultivating connections through community and home gardens, as well as accepting donations from gardeners and farmers. Our network of 100+ community gardens throughout seven mid-Michigan counties includes many operated by schools, churches, service agencies, housing groups and neighbors working together. We provide tilling, seeds, plants, tools, education, and other resources to community gardeners and to low-income home gardeners.

Lansing Roots, a new program of the GLFB, is designed to help limited resource and/or socially disadvantaged individuals from the greater Lansing area begin successful market gardening and farming enterprises through an incubator farm setting. Lansing Roots is made possible through a Beginning Farmer & Rancher Development grant administered by the USDA-NIFA.

The **Greater Lansing Food Bank** (GLFB) was created in 1981 to meet a need in the Greater Lansing community that became critical during the recession of the early 1980's. Now, 30 years later, the Greater Lansing Food Bank is still working to address this need that will not go away...the need to feed those less fortunate in the seven counties of Ingham, Eaton Clinton, Shiawassee, Clare, Isabella and Gratiot . All donations stay local and are reinvested in this mission. Through a network of pantries, related agencies, partners and its own programs, the GLFB is working to provide access to good and plentiful food for all. For more information about the Greater Lansing Food Bank, visit www.greaterlansingfoodbank.org.
