

Grow your Garden with EBT



Use your EBT card to purchase edible plants at Greenmarket

Using food stamps to start a garden is an economical way to get your hands on the health benefits of fresh, local produce throughout the season.

WWW.GROWNVC.ORG





5 Reasons to Grow Your Own Vegetables, Fruits and, Herbs

1. Improve Your Health

Homegrown vegetables, fruits and herbs are more nutritious than store-bought ones—the less time that passes between harvesting produce and eating it, the fewer nutrients lost. Fresher tastes better too!

2. Know Your Food

The best way to gain control over where your food comes from is to grow it yourself. Growing your own food ensures that your vegetables, fruits and herbs are not exposed to the harmful pesticides or chemical fertilizers that are often used on industrial farms.

3. Save Money

Growing your own food can save you money. Gardens require minimal start-up equipment, and each plant can yield many vegetables and fruits. Compared to the cost of vegetables, fruits and herbs at the grocery store, edible plants are a great bargain.

4. Teach Your Kids

A great way to teach children about where food comes from or how it's grown is to show them firsthand. And, you can incorporate science, math, nutrition, and even history lessons—all while playing in the dirt.

5. Have Fun

Growing food is fun! Watching a seedling transform into an edible plant is incredibly satisfying. In a time when many of us spend hours in front of a computer everyday, gardening and the chance to get your hands dirty can be a welcome and fun hobby.

Use your EBT card to purchase edible plants at any of the 44 Greenmarkets that accept EBT. For a list of Greenmarket locations go to www.grownyc.org