

LIVE UNITED

What it means in the Lakes Region

We all have a stake in creating a healthy and prosperous community.

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The **Eco Learning Gardening Collaborative** is a shared venture between many different agencies and organizations who bring their expertise, resources, and connections to help educate community members of all ages about where food comes from, to help them understand the nutritional value of locally grown vegetables, and expose children and families to the experience of gardening. The garden's harvest is shared by the participants and with local schools, the food pantry and participant agencies.



The 2011 project involves 5 gardens in Plymouth and the following agencies & groups: Whole Village Family Resource Center, Whole Village Childcare, UNH Cooperative Extension, PSU's Center for Active Living and Healthy Communities, UNH Master Gardeners, Pemi Youth Center, ELFS Parents and Families, the Bridge House, Plymouth Elementary School, and many community volunteers. Over 200 people have participated.

Kim and her two daughters have been staying at the Bridge House since spring. They have been actively involved in all stages of the garden and are excited to see the harvest coming in. They have learned to make vegetable lasagna, kale stir fry, and tomato/bean salad. Being in the garden has given them time to talk, a place to go to find some quiet time, and introduced them to many new people. *"We're moving into our new apartment at the end of September and we're happy to be staying in Plymouth where we've built such good connections. We're looking forward to being involved in the garden again next year. We've all grown so much because of this experience!"*



It takes all of us working together to create change...

"Reach out a hand to one, and influence the condition of all."
To learn more, or to show your support, visit www.LRUW.org

