

# FRESH VEGETABLES



There are so many things to do at the Holy Trinity Community Garden! From planting to weeding, to watering and harvesting! Not outdoorsy? We even have coordinating and organizing help we need as well. We hope you will join us in growing together.

*“There is increasing evidence that gardening provides substantial human health benefits. ... Studies reported a wide range of health outcomes, such as reductions in depression, anxiety and body mass index, as well as **increases in life satisfaction, quality of life, and sense of community.**”* ScienceDirect.com

Please contact us at [htgarden2926@gmail.com](mailto:htgarden2926@gmail.com) if you would like to sign up for a shift, ongoing work or just donate materials or equipment!