



# GROW IT • EAT IT

Learn how to grow your own vegetables, fruits, and herbs! Master Gardeners teach classes and workshops, develop demonstration gardens, and educate Marylanders on how to produce their own affordable and healthy food using sustainable gardening practices in their homes, communities, and school gardens.



## Why Grow Your Own Food?

1. Affordable and convenient access to fresh, organic produce.
2. Stay healthy! You'll eat more fruits and veggies if you grow them yourself.
3. Help your children and community understand where their food comes from.
4. A fun and rewarding form of exercise.
5. Ensure that your food is grown organically and sustainably.

To learn more about a Grow It Eat It program near you, search your local program's website at [go.umd.edu/mglocalprograms](http://go.umd.edu/mglocalprograms).

UNIVERSITY OF  
MARYLAND  
EXTENSION



GROW IT • EAT IT

A MASTER GARDENER PROGRAM

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