



GROWING

GFG is fortunate to have donated growing spaces at Wakeman Town Farm and Prospect Gardens in Westport. Wakeman Town Farm is a community based, educational demonstration center for sustainable living through hands-on homesteading practices. GFG has been farming a plot there since its start in 2021. Prospect Gardens is an arboretum-style garden of nearly nine acres. In 2022, GFG was invited to farm a portion of its 1,200 square foot vegetable garden. In 2023, GFG was awarded the full space, enabling them to dramatically increase their harvest and community service impact.

'22 RESULTS

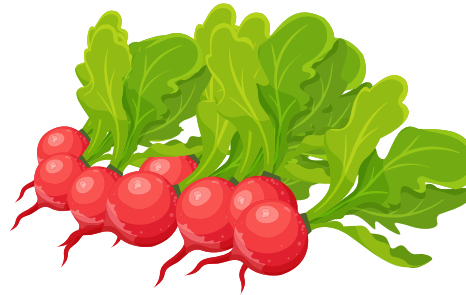
members:	34
volunteer hrs:	632
harvests:	23
lbs donated:	1,586



HISTORY



Since its inception in 1930, Greens Farms Garden Club has responded to local challenges through a myriad of altruistic initiatives such as "Vegetable Victory Gardens" grown during WWII. GFG is an extension of that same charitable spirit.



GRATEFUL

Growing for Good thanks...

Prospect Gardens' Owners, John and Melissa Ceriale, for lending their vegetable garden

Prospect Gardens' Landscape Designer, Cindy Shumate, for her professional plan & design guidance

Wakeman Town Farm for their continuing donation of plot #8

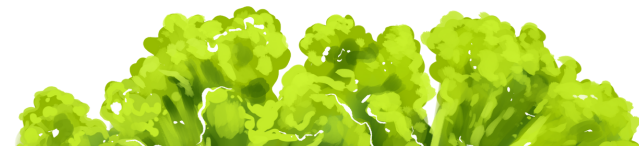
Gilbertie's and Ganim's Garden Centers for their ongoing product donations, discounts and support

Ganim's Garden Center Owner, Lee Ganim for his invaluable, monthly training and troubleshooting sessions



Growing for Good (GFG) was established in 2021 by Greens Farms Garden Club. The project's purpose: to grow and deliver fresh, organic vegetables and herbs to those living in low-income areas of Bridgeport where access to healthy, fresh foods is scarce. In fact, there are entire Bridgeport zip codes considered to be "food deserts". Lengthy public transportation rides are oftentimes required to find fresh produce. This usually relegates many to make, more convenient, un-healthy, fast-food choices at their nearby convenience stores and quick-serve eateries.

In response, GFG has committed to donate its entire 2023 harvest to the food bank at Mercy Learning Center (MLC), a non-profit educational facility providing basic literacy and life skills training to the low-income women of the greater Bridgeport area. GFG's goal is to grow and donate as much organic produce as possible to these women who are diligently trying to improve their lives.





HEALTH

The nutrients in fresh vegetables are essential for a healthy life. They provide energy, vitamins, anti-oxidants, fiber and water. They help to protect against chronic disease, including heart disease, stroke and some cancers. Nobody should ever be deprived of these simple, nutritional benefits...and yet they are on a daily basis right here in our community.



GOOD

The pandemic had huge negative effects on the residents of Bridgeport. Many lost their jobs, many became sick with COVID-19, or needed to care for ailing family members, many others were reluctant to use public transportation to get to work and shop. In turn, they became increasingly dependent on the city's food banks.

Food banks reduce hunger while providing easier access to safe and nutritious foods locally. They also help to free up money to meet other basic family needs. However, many can only offer canned and dried foods.

Greens Farms Garden Club developed GFG in response to this dire need to grow organic produce and deliver it to the MLC food bank throughout the summer and fall. The fresh vegetables and herbs are eagerly awaited each week.

"Your willingness to support our community with fresh, organic produce made a significant difference in the student's lives. Your vegetables allowed our food pantry to expand considerably. While nonperishable food staples are necessary, they do not always offer the same breath of nutrition as quality produce. Students not only benefitted from the food, but from the chance to prepare it with their family members."

*Gratefully,
Jan E Ferreira,
President and CEO
Mercy Learning Center*



WOMEN FOR WOMEN

The students of MLC strengthen the overall Greater Bridgeport community through their accomplishments of becoming more educated and skillful workers, engaged parents who actively advocate for their children's education, and economically stable and independent.

The women of GFG are proud to serve the women of MLC with the gift of fresh, organic vegetables and herbs for them and their families. It's a simple plan with a profound impact.

How can you get involved?

- "Grow a Row" of your own for donation
- Volunteer to tend and harvest GFG crops
- Make a donation in support

There are so many wonderful and fulfilling ways to Grow for Good!

For more info visit:

www.greensfarmsgardenclub.org or email Growing for Good Chair, Jacque O'Brien at jacquemob@gmail.com