



Gardening and Composting

God has called us to be stewards and givers. God said to Adam "Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground." (Gen 1:28) We are also to be givers – giving of our faith, our time and our resources. If you're a backyard vegetable gardener, plant a little extra and share with a neighbor! Or share your gardening how-to's and help your neighbors get started with their own vegetable gardens. Do some backyard recycling—find out how to use your own composted material to enrich the soil in your garden and yard. And if gardening isn't your niche, find a way to buy locally, helping out the state's small farmers. It's easy to begin, just choose one area to start and follow through!

Some ideas to consider:

Gardening:

- Plant a garden with a favorite vegetable. This can be as simple as planting a container garden in some pots on the back porch. If you are blessed with abundance, share with your neighbor. Visit kitchengardeners.org for ideas.
- Buy locally.
 - ★ Most grocers provide information for the source of the produce.
 - ★ Visit local farms where you can pick your own fresh produce. Use this activity to teach our 'nature deprived' children about life outdoors (Pick up the book, *The Last Child in the Woods* by Richard Louv).
 - ★ Get to know the growers who contribute to the local economy by visiting a farmer's market for your fresh produce. In addition to the North Carolina State Farmer's Market, there are many other local farmers markets – Moore Square, North Hills Shopping Center, Wake Forest, etc. Check out other North Carolina food sources at www.ncfarmfresh.com.
 - ★ Find a community-supported agriculture (CSA) farm (www.sare.com/csa) Buy "shares" in a community supported agriculture (CSA) farm to receive fresh fruit and vegetables – and sometimes cheese, flowers, eggs and meat – weekly throughout the season. CSA members accept part of the financial risks of farming and enjoy access to "their" farms for educational events and volunteer opportunities.



Composting, the ultimate recycling:

Compost your food scraps and use the rich organic material to provide nutrients to your garden.

- Research composting and do it: (Note: Not all food scraps are compostable)
 - ★ Check online or at your local library.
 - ★ Contact NC State Extension Service at 250-1100 or www.ces.ncsu.edu.
 - ★ *Organic Gardening Magazine* (Rodale Press) offers a copy of "Compost Gardening," <http://www.organicgardening.com/>
 - ★ Ask a Master Gardener <http://www.ncmastergardeners.org>

