Grow Your Own Garden

Besides purchasing fresh produce from grocery stores or farmer’s markets, another great way to get fresh fruits and vegetables is to grow them yourself. Growing a garden is a rewarding way to provide fresh, healthy produce and incorporate fun physical activity. Gardens can be grown in your own backyard or in a local community garden. Community gardens allow the community to grow produce, herbs, plants, and flowers together on a common piece of irrigated land, divided into plots, usually 3’ by 20’ for a reasonable monthly fee.

UA Cooperative Extension
Pima County Horticulture offers abundant gardening information on their website, http://cals.arizona.edu/pima/gardening. Master gardeners are available to answer questions and information about weekly garden talks, the WaterSmart Program, plant clinics, and handouts such as “Ten Steps for a Successful Vegetable Garden,” are available on the website.

Another UA Cooperative Extension website that provides gardening tips, programs, publications, and events is http://extension.arizona.edu/topics/agriculture-and-natural-resources/home-garden-landscape. Resources include, “Ask A Gardening Question,” events include gardening presentations, and programs include “Citrus Management,” “Smartscape,” and “Urban Horticulture.”

The UA Cooperative Extension program also has websites specific for Yuma and Maricopa counties. Landscape and gardening information can be found here specific to these areas. The websites are http://extension.arizona.edu/yuma/landscape-and-gardening and http://cals.arizona.edu/maricopa/fcs/.

Fruits and Veggies: More Matters
This website provides a How-To Guide for growing your own garden. It also provides information about what should be done to the garden and when they should be done as well as what plants are in season and much more. Check it out at: http://www.fruitsandveggiesmorematters.org/starting-your-vegetable-garden

Community Gardens
The Community Gardens of Tucson is another resource for gardening information and opportunities to join a community garden, located throughout Tucson. The website is www.communitygardensof Tucson.org. A Google search of your specific city or county will direct you to community gardens in your specific location.
**UA Community Garden**
The UA Students for Sustainability Garden in the Desert team developed and sponsors a community garden on the Tucson University of Arizona campus north of the Highland garage on Mabel Street. Students, UA employees and community members are welcome to rent a plot or participate in on-site gardening related workshops. For more information or to request a plot visit: [https://sites.google.com/a/uasfs.com/home/garden-in-the-desert](https://sites.google.com/a/uasfs.com/home/garden-in-the-desert)

**Community Food Bank**
The Community Food Bank offers free workshops, in English and Spanish, at the Community Food Bank site on home gardening. Topics include “Soil and Compost,” “Planting a Healthy Garden” and “Garden Basics Intensive.” Space is limited and advanced registration is required. For dates call 520-622-0525, ext.263. Their website is [http://www.communityfoodbank.com](http://www.communityfoodbank.com) under the Programs and Services tab.

**Tucson Organic Gardeners**
Tucson Organic Gardeners provides information about organic gardening through free meetings and guest speaker lectures, a monthly newsletter, events, and classes. Their website is [http://www.tucsonorganicgardeners.org](http://www.tucsonorganicgardeners.org).