

NUTRITION & HEALTH PROMOTION

The University Church - UT HealthGrows Community Garden

GROWING FOOD - GROWING AWARENESS - GROWING COMPASSION



Time to Reserve Your Community Garden Plot

All Community Gardeners Must Reserve Their Plots Before April 1st

Any Unclaimed Plots Will Be Made Available To The Public

To Reserve Plot:
 email tucvista@gmail.com
 Private Facebook Message
 or leave a message at 419-534-3080

Community Garden Guideline Agreement
[Printable Guideline](#)

Print and Sign and drop off in TUC mailbox
 (or send email stating you agree with it)

We encourage neighbors and friends to grow their own fruits and vegetables in plots at the community garden. With seeds and seedlings provided, and the expertise of our garden staff, even novice gardeners can produce a harvest to take home and share with others. We have around 50 families who participate in gardening each year.



We offer regular workshops on a variety of topics to help people learn the skills necessary for successful gardening.



The link between nutrition and health is fostered at lectures, workshops, and cooking classes.

COMMUNITY COOKING & GARDENING

At The University Church (TUC)

Join us at TUC for educational gardening and cooking classes. All are welcome! Contact with the community every Tuesday from 11:00 AM - 12:00 PM

GARDENING EVERY OTHER WEDNESDAY, STARTING ON MAY 20TH

COOKING CLASSES ON ALTERNATING WEDNESDAYS, STARTING ON MAY 29TH

NETWORK WITH YOUR NEIGHBORS!

FEBRUARY 20TH 10 A.M. - 12 P.M. YOGURT AND BABY FOOD MAKING

Presented by TUC Garden and UT HealthGrows

This will be a two-part workshop for all ages. We want to introduce you to make starter yogurt and for the babies. If you are not sure, you can ask for help. It is a fun day, and you will learn a lot. Please join us for this fun day. All questions, contact with our people and contact the children with the University Church. Email your questions to: tucvista@gmail.com or call the office at 419-534-3080.

TUC Garden Workshops Every 3rd Saturday

Suggested \$10 Donation

Childcare Provided

Guest Presenters: Siska Bart, Joseph Wagner

Coming March 14th, Great Landscaping

THE UNIVERSITY CHURCH
 4747 Hill Ave.
 Toledo, OH 43615
 419-534-3080
www.theuniversitychurchtoledo.org

Mushroom Growing Workshop

April 12, 2014 (12pm to 3pm)
 At The University Church Community Garden
 4747 Hill Avenue Toledo, OH 43615

Learn how to grow Shiitake mushrooms on logs! A slide-show presentation and hands-on demonstration will be led by our mushroom expert, John Hawks. All supplies are included. Participants will leave with 1 fully inoculated log.

\$35 per person to participate (SPACE IS LIMITED- We only have 25 logs to offer)
 The workshop is FREE if you just want to watch and learn

Contact Jane with your interest at jsherryvita@gmail.com

PALEO DIET & BONE BROTH WORKSHOP
 NOVEMBER 14TH @ 11AM

Join us at TUC for a Paleo Diet and Bone Broth Workshop. The Paleo Diet and Bone Broth are two of the most popular diets in the world. Paleo is a diet that focuses on eating natural, unprocessed foods. Bone broth is a nutrient-rich liquid made from animal bones and connective tissue. It is a staple of the Paleo diet and has many health benefits. This workshop will cover the basics of the Paleo diet and how to make bone broth. It will also include a Q&A session with the Paleo Diet expert, John Hawks. All supplies are included. Participants will leave with 1 fully inoculated log.

Cost: \$35 per person to participate (SPACE IS LIMITED- We only have 25 logs to offer)
 The workshop is FREE if you just want to watch and learn

Contact Jane with your interest at jsherryvita@gmail.com



Honey harvesting



Honey and beeswax



Honey collection



Bottled honey



Bees and honey

The University Church
 4747 Hill Avenue, Toledo, OH 43615
 419-534-3080
www.theuniversitychurchtoledo.org
wam.afterschool@gmail.com

JOIN US IN MAKING A DIFFERENCE



Draining honey



Providing fresh fruits and vegetables to a family is of little help if they don't know how to preserve them or how to prepare a healthy meal using them. Our work in health and nutrition promotion includes, at various times of year, cooking classes, both in-door and outside, classes on canning and bottling of produce from the community garden, and demonstrations on producing honey, all the way from the beehive to the bottle.



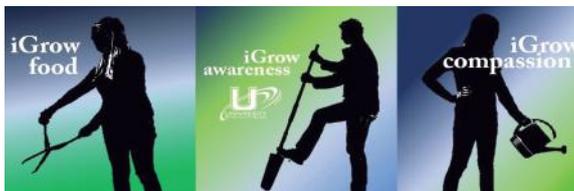
One of our presentations that has proved to be especially helpful to families is on making yogurt and baby food. Baby food made with fresh garden ingredients and at very low cost can provide families with a healthy and less-expensive alternative to commercial products.



Our herb garden has allowed us to engage in educational activities not only in the use of herbs for cooking but also in the preparation of salves, ointments and infused oils.

Our community outreach nights, which occur on the third Thursday of each month, include sample meals prepared using ingredients that are distributed, including fresh produce, and recipes so that families can subsequently prepare the meal themselves.

Staffing for the these activities includes our own garden staff, local volunteers with expertise to share, and AmeriCorps VISTAs (Volunteers in Service to America).



Our work on nutrition and health has been supported by the University of Toledo's Healthcare Access Initiative, the Toledo Community Foundation, the Stranahan Foundation, and individual donors like you.

Scott Delaney is the Community Garden Director at The University Church and brings his considerable expertise in urban agriculture to bear on issues of food insecurity in our community. Scott can be reached at:

wam.afterschool@gmail.com
419-534-3080

Thank you for your interest in our work and we look forward to seeing you at one of our gardening, cooking, nutrition, and health events very soon.

