

# GROWING my OWN FOOD



Putting Healthy Food  
Within Reach

**USDA**  
Supplemental  
Nutrition  
Assistance  
Program



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



**Kentucky  
Department  
of Agriculture**  
Ryan F. Quarles, Commissioner





Watering, providing sunlight and caring for a plant makes it grow healthy and strong--just like when you eat well and are cared for, they grow healthy and strong.

If you have never gardened before, think of it as an adventure! If your plants thrive, you can celebrate your harvest. If they do not, that's ok. You can be thankful for all the farmers' who produce foods to eat. It is sometimes harder than it looks!

Check on your plants each day and see how they look.  
You can even keep a journal to track their progress.



**CONTACT YOUR LOCAL EXTENSION OFFICE FOR MORE INFORMATION**  
**[www.planeatmove.com](http://www.planeatmove.com)**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.