



## Join our Grow Well focus Team!



We are a collective of individuals and organizations working together to support Kingston's Community garden

### What are community gardens?

Community gardens are spaces to learn and practice the joy of gardening. Grow native plants, flowers, herbs, fruits and vegetables. Spend time outdoors. Beautify the neighborhood. Gardens are spaces to connect with nature,



### Why should I get involved?

Learn how to garden!

Grow your own vegetables, herbs & flowers

Meet other people who share your joy for gardening!

Volunteer for a spring or fall garden clean-up

Get access to the tools you'll need to garden

Get support and education on how to garden safely

Learn about ways to advocate and support our community gardens

Volunteer to build & repair garden beds & fences

Connect with nature and neighbors!

Learn more about Grow Well and locate community gardens:  
Grow Well - Live Well Kingston

**The Grow Well focus Team meets the first Thursday of the month at 10:00am and the third Thursday at 6:00pm.**

For more information, contact  
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Visit us on: [LiveWellKingston.org](http://LiveWellKingston.org).