

FRCM'S COMMUNITY GARDEN PROJECT

Community gardening has been known to improve the quality of life for people by providing a catalyst for neighborhood and community development, stimulating social interaction, encouraging self-reliance, beautifying neighborhoods, producing nutritious food, reducing family food budgets, conserving resources and creating opportunities for recreation, exercise, and education. Community gardens make an important contribution to the fight against hunger.

That is exactly what FRCM did with a grant from the Food Bank of Central New York. The Bank provided the tools and plants, but we provided a very enthusiastic group of people who planted and tended the garden. As time went on they accomplished their goals. There was a rise in their self-confidence, social skills, work ethic, and understanding of teamwork and its importance. The yield was about 500 lbs of very beautiful vegetables which they not only took home for their own use but donated to our Food Bank for our clients to enjoy. Our garden volunteers want to continue with a garden next year as well, and are already making plans for it.