



COMMUNICATIONS FOR ADVOCACY

BAILEY MAGNUSON '25



why gardens are a big deal

Food for thought...

SO HAPPY YOU ARE HERE!

Since the 1950s and 60s, there has been a stark drop in the levels of nutrients our fruits and vegetables contain...

Produce is being modified to output large quantities of "hybrid" fruits and vegetables, which have less variability and longer shelf lives, but in turn have far less nutritional value than the naturally occurring originals do.

Home-gardening offers an effective solution to multiple major issues embedded in our country's food system.

It empowers individuals and families to take back our nutrition; to truly know what we are consuming and that we aren't sacrificing our health.

Additionally, with less reliance on industrial farming, (Big Agriculture), we can avoid harm to wildlife and excessive emissions from pesticides, transportation and water wastage, protecting both the climate and human health. By growing more plants, we also create opportunities for carbon sequestration, and bring accessibility to healthy foods closer to home.

Get Planting!

FREE Garden Supplies & Resources

Thursday, May 1 4:00 - 6:00 p.m.

Soil, seeds, tips for new gardeners, and a flower and flower pot for the kids! Supplies limited. Registration required.

A huge thank you to our program sponsor:

sauk prairie
HEALTHCARE

Program created and facilitated by Bailey Magnuson with financial support from Sauk Prairie Healthcare.

Gardening: Healthier people, healthier planet.

Register at cc.saukprairieschools.org

Program 1612

SaukPrairieSchools
COMMUNITY EDUCATION SERVICES

HOME-GARDENING RESOURCE DISTRIBUTION PLAN

Event Date:

TBD Late April/Early May

Partner:

Sauk City Community Center
john.lehan@saukprairieschools.org
Community Education and Recreation Director

Location:

Sauk City Community Center,
730 Monroe St, Sauk City, WI 53583

Project Description:

Seeking funding for assorted fruit and vegetable seeds and soil to provide 50 people/households with 5 packets of seeds and 1 bag of gardening soil at a home-gardening distribution event in Sauk City, WI during spring gardening season (late April/early May). The event will be held at the Sauk City Community Center, and there will be informational packets distributed which outline the benefits of gardening, timelines and tips for continued gardening and for storage during the winter months.

Deliverables for Event:

Provide 50 households with 5 packs of seeds, 1 bag of gardening soil and informational packets on best gardening practices and tips. Additionally provide children at the event with flower seeds and a pot of their own (1 per household as supplies last; 48 to distribute)

Budget:

Soil:	\$200	Supplier
Produce Seeds:	\$250	Supplier
Flower Seeds and Pots:	\$132	Supplier
Printing Costs:	\$12	Through Sauk City Public Library
Transportation Costs:	\$100	Roundtrip to Sauk City WI and back to Northfield, MN; full tank both ways)

Rationale:

This initiative aims to improve both the health and environmentally sustainable self sufficiency of the community. Home gardening offers an effective solution to multiple major issues embedded in our country's food system. Since the 1950s and 60s, there has been a stark drop in the levels of nutrients in fruits and vegetables being consumed. Produce is being modified to output large quantities of "hybrid" fruits and vegetables, which have less variability and longer shelf lives, but in turn have far less nutritional value than the naturally occurring originals do. Home-gardening allows individuals and families to dodge this bullet; to truly know what they are consuming and that they aren't sacrificing their health. Additionally, with less reliance on big agriculture, or industrial farming, we can avoid excessive emissions from transportation and water wastage, which supports the climate and human health. By growing more plants, we also create opportunities for carbon sequestration, and bring accessibility to healthy foods closer to home.

