

# Our Families Grow Healthy

## Urban Farm Projects in Seaside and Pacific Grove



Sign up for mentoring and garden supplies to help start your home food garden.

Sustainable Seaside and Sustainable Pacific Grove are offering a year-long FREE program in 2024 called **Our Families Grow Healthy**, where a mentor will visit your home to help you establish and maintain your food garden.

### Each household that signs up for the program will receive:

- a GARDEN TO GO
- a raised bed kit or grow bags
- organic soil
- garden tools
- organic seeds



Follow the QR Code for FAQs and more details.

To participate, phone or email one of the following contacts:

### In Seaside

**Cathy Rivera**  
(831) 915-7260  
crivera@csmc.eco  
Sustainable Seaside

### In Pacific Grove

**Heidi Feldman**  
(831) 521-8196  
feldman.heidi@yahoo.com  
Pacific Grove Community Garden



**Learn more at**  
[tinyurl.com/CSMC-Grows-Healthy](https://tinyurl.com/CSMC-Grows-Healthy)

Inquire about Gardening Workshops at the Monterey Adult School in Seaside

☎ (831) 392 - 3517

📍 1295 La Salle Avenue  
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