



# COASTSIDE EDIBLE GARDEN CLUB

## WHO ARE WE?

The Coastside Edible Garden Club is a group of a loosely organized backyard vegetable gardeners (and a few who also keep some chickens) with a wide range of experience in growing our own food.

We're beginners, hoping just to coax something edible out of the soil. We're intermediate gardeners who grow a variety of vegetables for our own use. And we're advanced gardeners, branching out to new careers. But we're all, to varying degrees, committed to sustainable agriculture, eating locally and eating well. For example:

- One of our newest members is working on his master's degree in nutrition.
- Another is interning in a program for biointensive farming.
- Another keeps a local community garden running.
- One of our founders has just left us to go live in a sustainable community in Ithaca, N.Y.
- Somebody else just grows chard.

## WANT TO JOIN US?

Email us at [gardeners@neighborshare.org](mailto:gardeners@neighborshare.org) to be added to our mailing list. We generally meet once a month to swap stories, seeds and bounty, and several times a year we take field trips to Coastside growers or participate in other events. No experience necessary, no one is too much of a beginner. We all teach each other.

## WHY EDIBLE GARDENING?

There are a lot of reasons to grow your own fruits and vegetables. Here are just a few.

### FLAVOR, FRESHNESS, NUTRITION

Ever had a real carrot? They're bumpy, lumpy, dark orange and full of rich flavor. Corn off the stalk is the sweetest there is. Fresh greens are alive with flavor. And a vine-ripened tomato is pure decadence.

From garden to kitchen in 3 minutes or less. There is no vegetable fresher than the one you pluck from the vine, dig from the ground or pick from the stalk.

Home-grown vegetables are good for you, and when you have a bounty to choose from, vegetables are an even more compelling and attractive menu option.

### FOOD SAFETY

When you grow your own, you know exactly what is in the soil, what nutrients you've fed your soil and your plants and what you've chosen to use for pest management. And you know who's handled it.

### REDUCING YOUR CARBON FOOTPRINT

The produce you buy from someone else typically travels hundreds if not thousands of miles and is likely grown with heavy use of fossil fuel-based, manufactured fertilizers. Your home-grown produce travels about 100 feet and can be raised very successfully with organic methods. If you're trying to reduce your use of fossil fuel, growing your own vegetables is a great place to start.

### FUN!

Growing and eating your own food is great fun and gives you a tremendous appreciation for the seasons. You can experiment with different varieties and try things you've never even heard of. You learn about soil cultivation and nutrition. And you get to "play outside" as much as you like. Soil under your nails? A badge of honor!