



### **Mission Statement:**

To promote and educate about sustainability; growing your own vegetables from seed to harvest in our communities through partnerships such as Urban League, ComEd, Male Mogul, Urban Juncture and Emerald South by establishing and encouraging healthy eating rituals and aesthetically pleasing environments on the Southside of the city and beyond.

### **Who We Service:**

Senior citizen living spaces, daycare and learning centers, Southshore business, Bronzeville business, churches, funeral homes, various Chicago Business corridors, City of Chicago Alderman offices, etc

### **Goal:**

For the Southside to be a replica of the Northside, West loop and Downtown communities, utilizing youth's to start and maintain growing spaces

### **Benefits of Gardening:**

- Promoting mental/physical health- Gardening alleviates stress, a great source of vitamin D, encourages healthy eating
- Restore Communities- promotes healthy communities, community build/communication/teamwork, gain respect for personal space and neighbors, shopping in your backyard opposed to Marianos or Jewels
- Promoting education-food gardens in schools or where youth have access to gardens are a powerful tool to teach sustainability and various other subjects. Promotes hands on learning about the various stages of gardening
- Awareness of food & financial insecurity- People suffer from hunger on a daily basis. Many of our communities don't have access to fresh fruits or vegetables. There is a vast difference in freshness off the vine and store bought produce. Why not grow your own, being able to pick your own lettuce, tomatoes or cucumbers without going to the store.

### **Services offered:**

Garden/Plant Installations, Arrangements, Annual Pots, Informational Session and more. Please visit us at [www.growsumthin.com](http://www.growsumthin.com) for a complete list of services and details

<https://linktr.ee/growsumthin>