


Community Gardens in Mont Co



Gardening can burn up to **300** calories per half hour.



Reduce the risk of heart attack up to **25%** by eating fresh produce.



Since **2007** there has been a **20%** increase in home gardening.



Eat **5** or more servings of fruit & veggies each day.

\$1 of green bean seeds can yield **\$75** of bean crops.

