



## Learning to Grow: Carla's Story

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My name is Carla and I live in the Lucas Village Community where the our community garden is located. Lucas Village is a public housing neighborhood that serves 92 low-income families in Frederick. Located over a mile from the nearest grocery store, Lucas Village is considered a food desert which is complicated by the fact that many of the residents do not own a car and rely on family or friends for transportation. Over 90% of the families that live in the community receive some form of food assistance whether it is SNAP benefits, WIC, or both and make regular trips to the food bank to supplement their remaining food needs. The garden, in conjunction with various classes being offered, will help our residents become vested in their meals by learning where their food comes from and having the opportunity to grow their own.

I always wondered what it would be like to grow my own fruits and vegetables and now, thanks to the garden, my daughter and I have the opportunity to grow vegetables that we love and enjoy eating. The best parts of being involved in the garden are the learning experience, watching the garden grow, the final harvest, and bonding with family and friends. My daughter and I are growing collard greens, sweet peas, spinach, tomatoes, broccoli, and some herbs. I've learned that gardening is a skill and it takes a lot of patience and dedication in order to have a good harvest - we can't wait!

Image (optional):

