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## **Sow It Forward - Pleasant View Village, NJ update**

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What do you do when you want to grow a garden but have no land? You get creative. That's what we've been doing at Pleasant View Village for the last few years. We began by planting in containers but thanks to a 'Sow it Forward' grant, this year we expanded our planting area to include raised salad tables.

Our gardeners are seniors so we needed to find something that would allow them to garden without having to bend down to the ground. The salad table design was modified from plans on the Maryland Cooperative Extension website. We built three tables (3 ft by 5 ft) of varying depths which have been planted with a variety of herbs and vegetables. We are planning a harvest celebration at the end of the summer to sample the bounty of vegetables we hope will grow successfully in the tables.

Image (optional):

