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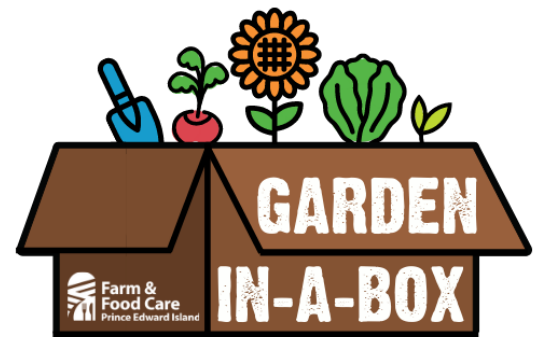
April 8th, 2022

Farm & Food Care PEI is launching a new project called GARDEN-IN-A-BOX. Islanders can learn first-hand how to grow their own food. Over the past number of years, consumers have become more interested in learning where their food comes from. From planting stages to harvesting food, consumers want to know.

GARDEN-IN-A-BOX will be a fun and engaging way to learn about food production.

Interested Islanders can sign-up on our website, Tuesday, April 12th www.farmfoodcarepei.com/garden-in-a-box.

This is a first come, first serve basis and one box per household. There will be 100 boxes available to PEI residents. A confirmation email will be sent to you with instructions of how to pick up your box.



Islanders will learn about:

- Soil Health
- Growing Conditions: Water and Sunlight Management
- Pest and Weed Control
- Nutritional Information
- Sustainable Agricultural Practices

GARDEN-IN-A-BOX includes:

- Vegetable seeds (green beans, beets, carrots, cucumber, lettuce, radish, and peas)
- Garden Booklet & Growing Guide
- Gardening tools including gloves
- Soil and plant potters

There are many prizes along the way, including gift cards from Canada's Food Island. Islanders can post pictures of their progress on social media using the hashtag [#PEIGARDENBOX](https://www.instagram.com/peigardenbox). There will be a grand prize, "Show me your Harvest" and you could win a 2-night getaway at Millriver Resort, PEI. There are bi-weekly emails about food production and growing tips from Island Farmers. If you would like more information about GARDEN-IN-A-BOX email farmfoodcarepei@gmail.com or call 902.368.7289.

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