

GARDEN BOOKLET



Farm & Food Care
Prince Edward Island



#PEIGARDENBOX



Tomatoes



Lettuce



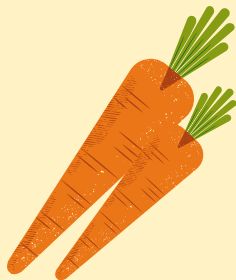
Green Beans



Beets



Radish



Carrots



Peas



Cucumber

Contents








- **7 SEED PACKAGES**
 - **CARROTS | BEETS | LETTUCE | PEAS**
 - **CUCUMBERS | GREEN BEANS | RADISH**
- **TOMATO SEED BOOKMARK**
- **GROWING GUIDE: HOW TO PLANT YOUR SEEDS**
- **SOIL**
- **PLANT POTTERS**
- **GARDENING TOOLS INCLUDING GLOVES**
- **THE REAL DIRT ON FARMING MAGAZINE**
- **STICKERS | MAGNETS**
- **CUTTING BOARD**



Guidelines



1. PLANT YOUR GARDEN USING THE GROWERS GUIDE, SOIL AND TOOLS PROVIDED.
2. FOLLOW @FARMFOODCAREPEI     
3. SHOW US YOUR GARDEN PROGRESS USING #PEIGARDENBOX TO WIN PRIZES
4. GOT QUESTIONS EMAIL: SBEATON@PEIFA.CA | FARMFOODCAREPEI@GMAIL.COM
5. GRAND FINALE. "SHOW US YOUR HARVEST" -2 NIGHT STAY AT MILL RIVER RESORT-
6. WATCH YOUR EMAIL BOX FOR GROWING TIPS FROM ISLAND FARMERS & UPDATES
7. FOR MORE INFORMATION, VISIT: WWW.FARMFOODCAREPEI.COM/GARDEN-IN-A-BOX/
8. WATCH YOUR FOOD GROW & ENJOY



Contact Info

WWW.FARMFOODCAREPEI.COM/GARDEN-IN-A-BOX/

EMAIL: SBEATON@PEIFA.CA

PHONE: 902.368.7289



Nutritional Cards



Carrots



FIBRE

LOWERS CHOLESTEROL LEVELS
HELPS CONTROL BLOOD SUGAR LEVELS
AIDS IN ACHIEVING HEALTHY WEIGHT
HELPS YOU LIVE LONGER



VITAMIN C

REDUCES YOUR RISK OF CHRONIC DISEASE
REDUCES YOUR RISK OF HEART DISEASE
HELPS MANAGE HIGH BLOOD PRESSURE
BOOSTS YOUR IMMUNITY SYSTEM
HELPS PREVENT IRON DEFICIENCY
PROTECTS YOUR MEMORY CONTROLS
PROMOTES THINKING



VITAMIN A

PROTECTS YOUR EYES FROM NIGHT BLINDNESS
MAY LOWER YOUR RISK OF CERTAIN CANCERS
SUPPORTS A HEALTHY IMMUNE SYSTEM
REDUCES YOUR RISK OF ACNE
SUPPORTS BONE HEALTH
PROMOTES HEALTHY GROWTH AND REPRODUCTION



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POTASSIUM

HELPS THE BODY FORM CONNECTIVE TISSUES
PLAYS A ROLE IN FAT AND CARBOHYDRATE METABOLISM
HELPS CALCIUM ABSORPTION AND BLOOD SUGAR REGULATION
NECESSARY FOR NORMAL BRAIN AND NERVE FUNCTION
IMPROVES BONE HEALTH



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IRON

**TRANSPORTS OXYGEN IN THE BODY
PROMOTES HEALTHY PREGNANCY
INCREASES YOUR ENERGY**



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FOLATE

HELPS WITH DIGESTION
PROMOTES LIVER, HEART AND OTHER ORGAN HEALTH
SUPPORTS BRAIN AND NERVE FUNCTION
PROMOTES DNA CREATION AND REPAIR
PROMOTES HEALTHY HAIR, SKIN AND NAILS



MANGANESE

HELPS REGULATE FLUID BALANCE
REGULATES MUSCLE CONTRACTIONS AND NERVE SIGNALS
A HIGH-POTASSIUM
HELPS REDUCE BLOOD PRESSURE AND WATER RETENTION
PROTECTS AGAINST STROKE AND PREVENTS OSTEOPOROSIS
AND KIDNEY STONES



Peas



PROTEIN

✓
REDUCES APPETITE AND HUNGER LEVELS
INCREASES MUSCLE MASS AND STRENGTH
GOOD FOR YOUR BONES
REDUCES CRAVINGS
BOOSTS METABOLISM
INCREASES FAT BURNING
LOWERS YOUR BLOOD PRESSURE
HELPS MAINTAIN WEIGHT LOSS

FIBRE

✓
LOWERS CHOLESTEROL LEVELS
HELPS CONTROL BLOOD SUGAR LEVELS
AIDS IN ACHIEVING HEALTHY WEIGHT
HELPS YOU LIVE LONGER

VITAMIN K

✓
PROMOTES BONE HEALTH
IMPROVES HEART HEALTH
IMPROVES MEMORY



Cucumbers



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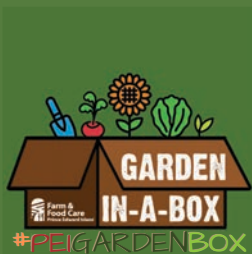
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Why Healthy Soil Matters.....



THE "DIRT" ON SOIL

SOIL IS THE BEGINNING OF OUR FOOD STORY.

SOIL IS A COMPLEX ECOSYSTEM THAT FORMS THE BASE OF THE FOOD CHAIN FOR HUMANS AS WELL AS LAND ANIMALS.

SOIL ALSO PLAYS AN ESSENTIAL ROLE IN BALANCING THE EARTH'S ECOSYSTEMS AND CLIMATE.

HEALTHIER SOIL CAN HOLD MORE WATER, SUPPLY MORE NUTRIENTS TO PLANTS, FILTER WATER, AND INCREASE RESILIENCE TO FLOODS AND DROUGHTS. ALSO, INCREASE RESILIENCY TO ADVERSE WEATHER EVENTS."



LEARN MORE AT
www.SoilFirstFarming.ca



Why Healthy Soil Matters...

THE "DIRT" ON SOIL



SOIL STORES AND CYCLES
NUTRIENTS



HEALTHY SOILS IMPROVE
BUFFERING AGAINST
ENVIRONMENTAL
STRESSORS LIKE WIND AND
RAIN, AND HUMAN-
INDUCED TRAFFIC



DIVERSITY OF ROOTS
IMPROVES SOIL STRUCTURE



WELL-STRUCTURED SOIL
PROMOTES WATER STORAGE
AND DRAINAGE



PRODUCTIVE SOIL
CONTAINS LARGE
POPULATIONS OF
BENEFICIAL, DIVERSE SOIL
MICROBES



Sustainable Farming



**PROTECTING AND ENHANCING OUR ISLAND'S MOST IMPORTANT RESOURCE
-OUR SOIL-**

Soil First Farming Pillars



PREVENTING SOIL EROSION:

Keeping it in the Field



ROTATING CROPS :

Diversity in our Island Crops



**CARBON & CLIMATE
MANAGEMENT:**

Feeding Soil's Regenerative Power



**PROACTIVE LIVESTOCK
INTEGRATION :**

Playing an Important Role



Sustainable Farming

COVER CROPPING: PLANTING A COVER CROP AFTER THE MAIN CROP HAS BEEN HARVESTED PROVIDES MANY BENEFITS TO THE SOIL. IT HELPS REDUCE WIND AND WATER EROSION OF SOIL TO NEARBY STREAMS AND ROADWAYS, AND CAN TAKE UP EXCESS NUTRIENTS IN THE SOIL LEFT BY THE CROP, AND HOLD ONTO THE NUTRIENTS THROUGH THE WINTER MONTHS.

What it does

- Conserves soil moisture
- Increases soil organic matter
- Prevents soil erosion
- Suppresses weeds
- Increases nutrient cycling
- Reduces off-season nutrient loss
- Reduces compaction

Why it matters

- Improves water efficiency to crops
- Conserves water
- Improves water quality
- Improves crop production
- Improves nutrient use efficiency
- Decreases use of pest control products



Sustainable Farming



CROP ROTATION: USING DIFFERENT CROPS THROUGHOUT YOUR ROTATION IS REALLY IMPORTANT TO HELP SUPPRESS WEEDS AND PESTS, REDUCE NUTRIENT DEPLETION IN THE SOIL, AND IMPROVE SOIL MICROBIAL COMMUNITY DIVERSITY. DIFFERENT CROPS ADD AND REMOVE DIFFERENT NUTRIENTS (AND IN VARIOUS QUANTITIES) FROM THE SOIL WHICH HELPS REDUCE NUTRIENT IMBALANCES IN THE SOIL TOO.

What it does

- Improves microbial diversity
- Manages weeds, insects & diseases
- Increases nutrient cycling
- Improves soil structure
- Holds soil moisture

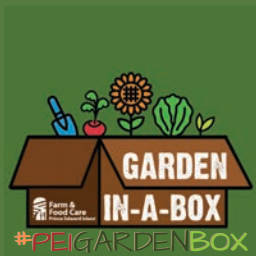
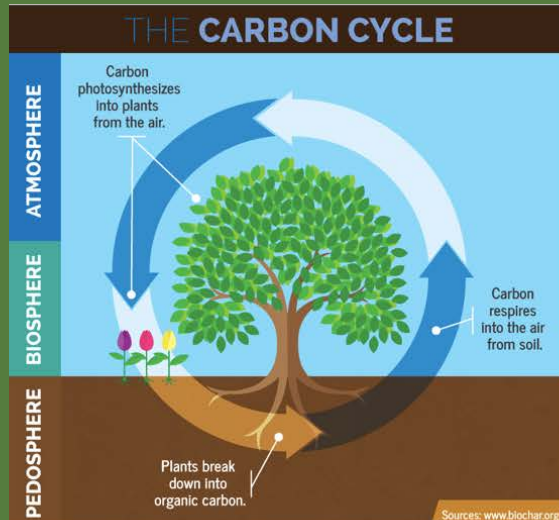
Why it matters

- Reduces erosion
- Improves plant production
- Improves efficiency of nutrients
- Decreases use of pest control products
- Improves water quality
- Conserves water



Sustainable Farming

CARBON & CLIMATE MANAGEMENT: CARBON AND CLIMATE MANAGEMENT: PLANTS HOLD A CRUCIAL ROLE IN THE CARBON CYCLE, BY SEQUESTERING CARBON DIOXIDE FROM THE AIR, AND TURNING INTO A SIGNIFICANT PART OF PLANT TISSUE. THE PLANTS ARE THEN USED TO SUSTAIN LIFE BY PROVIDING FOOD FOR HUMANS, ANIMALS AND THE SOIL.



Sustainable Farming

PROACTIVE LIVESTOCK INTEGRATION: MANURE IS AN EXCELLENT SOURCE OF PLANT NUTRIENTS: NITROGEN, PHOSPHOROUS AND POTASSIUM. MANURE ALSO RETURNS ORGANIC MATTER AND OTHER NUTRIENTS SUCH AS CALICUM, MAGNESIUM AND SULFUR TO THE SOIL, BUILDING ORGANIC MATTER.



Thank You

Funders & Partners



Agriculture and Land



#PEIGARDENBOX

Members



Want to become a Member?

Check us out !



Thank You

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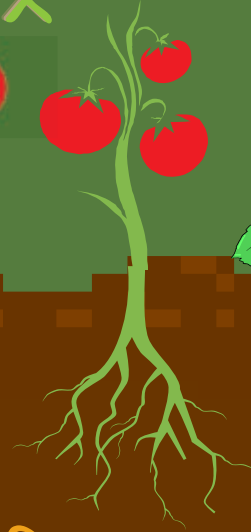
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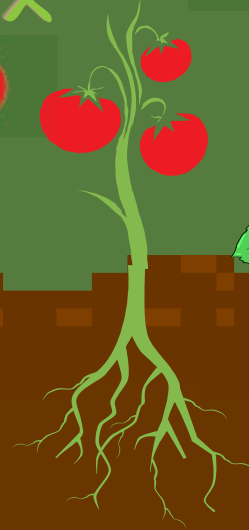


We're rooting for you!



Farm & Food Care
Prince Edward Island

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****One Box per Household | PEI Resident****

Sign up on Tuesday April 12th!

www.farmfoodcarepei.com/garden-in-a-box/