Welcome Gardeners!

2020 Gardening for Health Program

Thank you for participating in the 2020 Gardening for Health Program at the Rooftop Garden at UVM Medical Center’s Main Campus.

This 8-week program will cover gardening basics and relate seasonality with nutrition via easy-to-create recipes to enjoy throughout the growing season. We will incorporate other health-improving skills such as stretching and meditation and we’ll learn easy techniques to enhance enjoyment from delicious foods with mindfulness exercises and healthy eating tips.

We hope to share with you the pleasure and fulfillment of growing, preparing and eating your own food, from seed to harvest to table. Let’s grow together!