

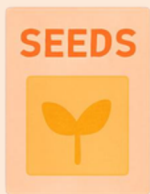
APRIL - AUGUST 2026



GROWING TOGETHER: GARDEN & LIFE SKILLS PROGRAM



- **LEARN GARDENING AND FOOD PRESERVATION**
- **BUILD RESPONSIBILITY AND TEAMWORK**
- **EXPLORE NUTRITION AND FOOD LITERACY**
- **CREATE ROUTINES THROUGH PLANT CARE**
- **STRENGTHEN CONNECTIONS WITH CAREGIVERS & PEERS**



HOSTED BY

**WE ARE LOVED &
FOSTERING FARMERS**

648 BROAD ST, SHREWSBURY, NJ 07702

More details coming soon!
Scan the QR code or visit the
link below to receive the latest
updates & join us this spring.



<https://forms.gle/9S9T9T9Vcm5aPJ7S7>

Growing Together: Gardening & Life Skills

The Growing Together: Gardening & Life Skills Program is a hands-on outdoor experience designed to bring youth and families together through gardening, food education, and meaningful connection. Participants will work together to plant, care for, and harvest a shared garden while learning about nutrition, healthy foods, and where meals come from.

From planting seedlings to harvesting fresh vegetables, youth will gain practical life skills while developing responsibility, teamwork, and confidence. The program also introduces simple cooking and food preparation activities that help participants turn what they grow into healthy meals.

More than just a garden, this program creates a space where youth can slow down, spend time outdoors, and build supportive relationships with peers and caregivers. Through each season of growth, participants will experience the joy of nurturing something from the ground up while learning skills that support wellness, independence, and everyday life.

When: Coming this Spring!

Where: 648 Broad St, Shrewsbury, NJ 07702

Youth Ages 12–18

Caregiver participation encouraged

This is an ongoing program starting mid-April through August, following the garden from seedlings to harvest.