The “Let’s Grow! Get Out and Garden” campaign is an active initiative of the Local Foodshed Working Group. As a diverse group of farmers, gardeners, organizations, and individuals we have one thing in common: the desire to improve the local food system in and around Lincoln, Nebraska. We want to raise awareness, educate people, and help make connections to create a healthier, more resilient community.

“Promoting healthy living and a healthy environment must be a community-wide effort. It takes a commitment from the private sector, from nonprofits, schools and government.

Most important, it takes the commitment of individuals who say, ‘I’m going to be more active. I’m going to eat better. And I’m going to grow my own food.’

Let’s grow, Lincoln! Get out and garden.”

Lincoln Mayor Chris Beutler
TIPS TO GET STARTED

Whether you are a new gardener or have been gardening for decades, we hope you’ll pledge to join the effort to get more people growing food in Lincoln.

CREATE A GARDEN IN YOUR YARD

BEFORE YOU GET STARTED: Most vegetables and fruits need 6-8 hours of sunlight each day, so find a sunny spot! Determine your garden plot size by thinking about how many vegetables you will actually eat and how much time you have to take care of your garden.

DIG: Use a shovel and turn up the soil to prepare your garden bed, remove grass, unwanted plants, and unwanted items like rocks or roots; add some compost or garden soil if available.

PLANT: Find seeds and plants at your local nursery or retail store; carefully follow directions on the package for planting instructions about how long it needs to grow, planting, watering, and harvest.

CREATE A CONTAINER GARDEN

BEFORE YOU GET STARTED: Decide how much room you have and what you want to grow. Lettuce, tomatoes, peppers, scallions, and basil are all fairly easy to grow and the right varieties will fit well in containers.

CHOOSE A CONTAINER: Find a container that fit your plant requirements; these can be larger flower pots from a garden center or recycled materials like buckets or a milk jug, make sure there are holes in the bottom so water can drain!

ADD SOIL: Fill container with potting soil or a mixture of garden media and compost.

PLANT: Find seeds and plants at your local nursery or retail store; carefully follow directions on the package for planting and proper care.

QUESTIONS? LINCOLN IS FULL OF GARDENING RESOURCES

ASK A MASTER GARDENER Contact the University Master Gardeners at (402) 472-8973 with your garden questions or email a picture of the plant / bug / vegetable and your question to nemgs@unl.edu

ATTEND A CLASS Check out the gardening classes offered at Southeast Community College or the Urban Homestead Series through Community CROPS and Open Harvest. Visit their websites for more information.

CONNECT ON FACEBOOK Join our group on Facebook (www.facebook.com/letsgrowlincoln) to see what other “Let’s Grow!” gardeners in Lincoln are up to!