

WELLNESS PRACTICE

GARDENING
&
CONNECTING
TO
NATURE

GARDENING RESISTANCE

COMMUNITIES OF COLOR ACROSS THE
U.S. ARE LOOKING FOR WAYS TO
GROW THEIR OWN ORGANIC FOOD
FOR ACCESSIBILITY AND AUTONOMY.



FOR MANY OF US, HAVING OUR OWN
GARDEN OR PLANTING SEEDS IS
ABOUT STRENGTHENING OUR IDENTITY
AND ANCESTRAL CONNECTION WITH
THE EARTH.

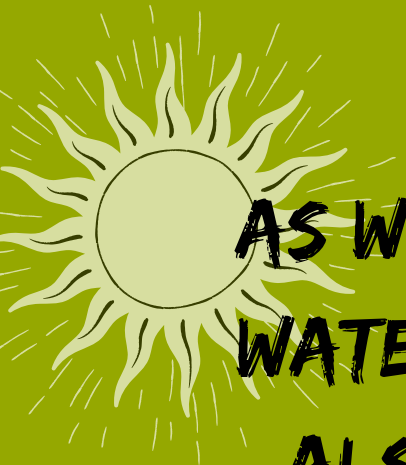
CONNECT TO NATURE BY OWNING PLANTS!



1. TO DECIDE WHICH PLANTS ARE BEST FOR YOU TO KEEP, RESEARCH HOW MUCH WATER AND SUNLIGHT THEY'LL NEED DAILY. LIKE US, EVERY PLANT IS DIFFERENT AND NEEDS THE RIGHT RESOURCES TO THRIVE.
2. YOU DON'T NEED A FANCY PLANTER OR POT TO GROW PLANTS AT HOME. ALL YOU NEED IS SOIL, SEEDS, AND A CONTAINER OR HOLDER WITH A DRAINAGE HOLE AT THE BOTTOM FOR EXCESS WATER TO DRAIN OUT.
3. GIVE YOUR PLANTS LOVE. STUDIES HAVE SHOWN THAT TALKING TO PLANTS HELP THEM GROW AND FLOURISH!

LESSONS THAT PLANTS TEACH US

JUST LIKE WE CARE FOR OUR PLANT BABIES, WE MUST
CARE FOR OURSELVES!



AS WE WATER OUR PLANTS, REMEMBER TO DRINK
WATER DAILY TO KEEP YOURSELF HYDRATED. IT'S
ALSO IMPORTANT TO GET SOME SUNLIGHT, SO
OPEN UP A WINDOW OR TAKE A RELAXING WALK
AROUND THE NEIGHBORHOOD.



SPEAKING WORDS OF AFFIRMATION HELP US GROW
AND FLOURISH, TOO. WHEN YOU GET READY TO CARE
FOR YOUR PLANTS, TAKE DEEP BREATHS AND SET
TWO INTENTIONS FOR THE DAY. (KEEP A JOURNAL OF
YOUR INTENTIONS.)



HOW TO MAKE SEED BOMBS

MAKING AND PLANTING A SEED BOMB
IS AN EASY WAY TO CONNECT TO
NATURE AND BRING MORE PLANTS TO
AN EMPTY SPACE IN YOUR
NEIGHBORHOOD.

WHAT YOU'LL NEED:

FLOWER SEEDS

SOIL/DIRT

WATER

CLAY



HOW TO MAKE SEED BOMBS

STEP 1: FIND AN EMPTY SPACE WHERE FLOWERS CAN GROW.

STEP 2: PLACE A SEED INTO A HANDFUL OF SOIL.

STEP 3: IN A SMALL BOWL, COMBINE
1 PART SOIL AND 1 PART CLAY.

STEP 4: SLOWLY ADD COLD WATER UNTIL THE SOIL-
CLAY MIXTURE IS THICK.

STEP 5: ROLL THE MIXTURE INTO A BALL
AND LET IT DRY.

STEP 6: ONCE DRY, THROW YOUR SEED BOMB
ANYWHERE YOU SEE BARE SOIL!

#SIDEWALKTREES

#PLAYGROUNDS

#NANA'SYARD

#SCHOOLPARKINGLOT

FARMS TO FOLLOW:

@PLANTINGJUSTICE

@SOULFIREFARM

@SOULFLOWERFARM

COMMUNITY GARDENS



FIND A COMMUNITY GARDEN PLOT TO CULTIVATE!

COMMUNITY GARDENS ARE LOCAL SPACES THAT RELY ON THE WORK, SUPPORT, IDEAS, AND UNITY OF COMMUNITY MEMBERS IN THAT AREA. THEY GIVE NEIGHBORS AN OPPORTUNITY TO BUILD STRONGER CONNECTIONS, EXCHANGE TIPS AND TECHNIQUES, MAXIMIZE THE POTENTIAL OF GARDEN TOOLS/ EQUIPMENT, CELEBRATE NATURE, AND PRODUCE.

TAKING BACK THE LAND

AS TRANS AND QUEER FOLKS, WE ARE USED TO BUILDING OUR OWN FAMILIES AND NETWORKS OF SUPPORT! OWNING LAND, FARMING, AND GARDENING ARE WAYS TO RESIST, FIND COMMUNITY, AND ENSURE A HEALTHY FUTURE FOR OUR SIBLINGS.

COMMUNITY GARDENS:

1. IMPROVE MENTAL HEALTH BY BEING OUTDOORS
2. STRENGTHEN NEIGHBORHOOD PRIDE
3. PROVIDE A LOW-COST SOURCE OF FRESH FOOD
4. BRING STRANGERS TOGETHER FOR A COMMON GOAL



COMMUNITY GARDENS



COMMUNITY GARDENS ARE OFTEN CREATED ON VACANT LOTS. OTHER TIMES, PRIVATE GARDENERS OR LANDOWNERS OPEN UP PARTS OF THEIR LAND TO THE PUBLIC. A COMMUNITY GARDEN DOESN'T HAVE TO BE A PARTICULAR SIZE. SIZE MOSTLY DEPENDS ON THE NUMBER OF GROWERS AND TYPES OF PLANTS BEING GROWN.



COMMUNITY GARDENS

ARE THERE COMMUNITY GARDENS IN YOUR HOOD?
IF NOT, ARE THERE ANY LOCAL GREEN THUMBS WHO
COULD HELP YOU ORGANIZE ONE?



REMEMBER TO WEAR MASKS AND MAINTAIN AT
LEAST 6 FEET OF DISTANCE BETWEEN YOU AND
OTHERS ANY TIME YOU HEAD TO A GARDEN!