



**COLORADO STATE UNIVERSITY
EXTENSION**

Colorado State University Extension
Golden Plains Area Extension

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Grow and Give 2021: Volunteer Gardener Opportunities

By CSU Horticulture Agent, Linda Langelo

Grow and Give is returning this growing season. What is Grow and Give? Colorado State University launched Grow & Give in 2020 as a “modern victory garden project” in response to the COVID-19 pandemic. Together with 600 dedicated volunteers we provided over 20 tons of fresh, local produce to people in need. This year Grow & Give continues to provide a platform for Coloradans to fight food insecurity in their communities by growing food and giving it to those in need. Learn more at **GrowAndGiveColorado.org**. With Grow and Give you grow what you need in your garden and give what you do not need away to a local food bank. Nothing goes to waste.

Gardening helps everyone. In this particularly stressful time, getting out and exercising in the garden helps relieve both your physical and mental stress. It gives you an opportunity to meet another community member of like mind. Studies that support gardening show how it helps build your immune system, heart health, gain better sleep, and weight loss. If you are a beginning gardener, gardening helps boost your self-confidence. Gardening reduces dementia, agitation by giving a person more independence, reduces falls and helps a person stay focused.

Beyond helping to supplement the local food banks, Grow and Give has free educational opportunities that come with participating in the program. You can learn, share, and grow.

If you have questions about more information on how you can help or need a Grow and Give sign for your garden contact the following Colorado State University Agents in the Golden Plains Area and Northeast Region:

Elbert County: Willie Wilkins; willie.wilkins@colostate.edu; (303) 621-3162
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