

Yes! I'd Like to Financially Support the Garden

Donor's name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

This gift is in honor of: _____

This gift is in memory of: _____

Enclosed is my gift of \$ _____

OR

Enclosed is my pledge of

\$ _____ to be billed: _____

annually or _____ quarterly for _____ years

Please make Checks payable to the Lake Region Healthcare Foundation and designate Community Garden in the notes. We gratefully accept gifts such as cash, check, credit card (we accept Discover, MasterCard, and Visa online at www.lrhc.org). Drop off or mail this form to LRH Foundation, 712 Cascade St S., Fergus Falls, MN 56537.

Some Garden Project Needs

Following are some of the needs identified for the Community Garden project. Tax-deductible donations may be made to the LRH Foundation and designated for the Community Garden. This project presents a great opportunity for youth groups, service clubs, organizations and individuals to be a part of an amazing community impact project.

- Lawn Tractor and Tiller
- Above/Underground water storage tanks
- Fencing
- Weed Barrier
- Hoes
- Rakes
- Wood & landscaping blocks for raised bed gardens
- Perennial plants
- Flowers
- Garden & Soaker hoses
- Garden & pruning shears
- Tomato Cages, Plant Stakes & Aisle Markers
- Shower Wands
- Shepherds hooks, bird houses & bird seed
- Donors & Grant Writers
- Volunteers (groups and individuals for regular maintenance and for special projects)
- Groups to build raised bed gardens
- Experts in orchards, vegetables, flowers, composting, landscaping
- Financial contributions

Lake Region Takes Root Gardening. Growing. Giving.



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BE A PART OF A COMMUNITY HEALTH REVOLUTION

What is the Community Garden?

The local foods project of Lake Region Healthcare is part of our growing commitment to wellness and preventive health care.

To achieve optimal health, people in our region need access to affordable fresh produce. This project is developing as a means of achieving this important element of contributing to a healthier community.

Lake Region Takes Root is a community effort to grow foods on a 1.5 acre lot for the Women, Infants & Children program of Otter Tail County and the Fergus Falls Community Food Shelf.

Why is this Garden Beneficial to Our Community?

- **It's about access:** Lake Region Healthcare along with other community partners will be growing foods to improve access to fruits and vegetables for families having the greatest difficulty with access.
- **It's about education:** the facility will be a place where people of all ages can learn the value of foods, importance of nutrient dense foods and experience a variety of growing methodologies aimed at inspiring residents to grow a portion of their own foods.
- **It's about social cohesion:** the initiative works to solve an identified community need by bringing people together through collective partnerships.
- **It's about community health:** eating healthy foods such as fruits & vegetables is one of the most important things you can do to protect your health.

Who Can I Call for Info?

Jason Bergstrand, Project Coordinator
(701) 306-5280
jbergstrand@co.clay.mn.us

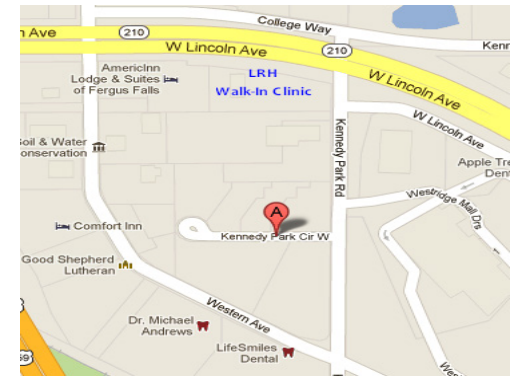
Laura Gervais, Volunteer Coordinator
(218) 736-8498
lkgervais@lrhc.org

How Can I Help?

- Recruit your club or organization to help with a one day project or a long-term service effort
- Volunteer to work on special projects, planting days, maintaining the garden, harvesting or distribution of foods
- Share your expertise with our planners
- Help with fundraising
- Donate money or extra/unused gardening tools/supplies or equipment

Give us a call and we can talk about the option that works best for you.

Where is the Garden?



The land is located on the west edge of Fergus Falls at 260 Kennedy Park Circle, just south of the Lake Region Healthcare Walk-In Clinic and west of Home Depot.