BALLINAHOWN COMMUNITY DEVELOPMENT

Edible Planting
Create your own edible garden

It is very easy to create your own *Edible Garden* by reusing items lying around your home. It does not have to be a work of sculptural art; it can be as simple as a window boxes planted with lettuce seeds or a hanging baskets with strawberry plants or an old pair of wellie boots planted with herbs. You can use any item with will hold compost and some simple seeds for foods you like to eat.

Having a garden helps to maintain a healthy local ecology. Planting various plants and flowers in your garden creates a haven for local wildlife.

Reduce Carbon Emissions

Any food grown locally will result in fewer carbon emissions from food truck miles travelled, large-scale agricultural practices, and excessive packaging.

Save Money

Eating foods, you have grown yourself is also a great way to save money on your grocery bill.

Enjoy Better Health

Fresh fruits and vegetables contain vitamins, minerals, and antioxidants that can boost your immune system and help ward off chronic diseases.

Locally grown food increases food security in the face of changing and more severe weather patterns due to climate change.