



North Central District Health Department

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Community Gardens Enhance Sites This Spring

Enhancements made possible by NCDHD and CT DPH

The North Central District Health Department (NCDHD) has actively been working for the past three years with local partners to create and enhance community gardens and fruit tree trails in the towns they serve. NCDHD received a three-year grant from the Connecticut Department of Public Health (DPH) to help implement environmental changes in our community that are sustainable. A portion of the funds have been earmarked to develop or enhance community gardens/fruit tree trails. To date, 16 community gardens/fruit tree trails have been developed/enhanced in East Windsor, Ellington, Enfield, Stafford, Suffield, Vernon, Windham and Windsor Locks. This spring, NCDHD will be working with eight organizations to enrich existing gardens. Local organizations or gardens that have received funding this year are:

- East Windsor Community Garden, East Windsor
- Batz Community Garden and Windermere Trails, Ellington
- Thompsonville Community Garden, Enfield
- The Fruit Tree Trail, Garden Club, Stafford Springs
- The Fruit Orchard at Hilltop Farm, Suffield
- Organic Community Fruit Garden Grant, St. John's Episcopal Church, Vernon
- Three City Family Garden Youth Enterprise Development, Grow Windham, Windham

- Grow Street Garden at Pesci Park, Windsor Locks.

“NCDHD is delighted to be able to provide these organizations with funds to enhance their community gardens,” said Patrice Sulik, NCDHD Director of Health. “This is a great way to implement change to promote healthy food choices in an effort to reduce the incidence of obesity. It allows us to create gardens that the entire community can benefit from.”

Community gardens/fruit tree trails allow residents the opportunity to produce food, and provide a place for gardeners to share knowledge and skills. They provide many positive benefits such as:

- Residents who garden, or live with someone who gardens, tend to eat more fruits and vegetables daily.
- Residents have the opportunity to grow fresh produce and nutritionally rich foods.
- Community gardening provides and promotes physical activity.
- Community gardening is a social activity and helps to build a sense of community.

Contact your local community garden for more information on how to obtain a garden plot for the upcoming gardening season. Visit the NCDHD website at www.ncdhd.org.

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About NCDHD

The North Central District Health Department (NCDHD) serves the communities of Enfield, East Windsor, Ellington, Stafford, Suffield, Vernon, Windham, and Windsor Locks. NCDHD is a full-time public health department staff funded by its member towns and an annual per capita grant from the Connecticut State Department of Public Health. NCDHD provides professional public health services in the areas of health education and disease prevention, environmental health and

emergency preparedness. The vision of the Health District is that all North Central District Health Department member communities, regardless of circumstance, enjoy optimal health status and achieve the highest quality of life possible.

For more information about NCDHD visit www.ncdhd.org.