

grow your groceries

urban farming initiative

Have you dreamed of starting a small farm in the city, bringing your organic produce to sell at a weekend farmers' market? Would you like to turn your yard into a garden that will feed your family throughout the year? Or, do you want to help a school or your community grow healthy food?

Soil Born Farms' **Grow Your Groceries** is a beginning farmer training program designed to provide knowledge and hands-on experience to the aspiring urban grower. Our instructors are experienced masters of organic agriculture and experts in farm entrepreneurship.

Through this class series, you'll learn business skills as well as best practices in sustainable fruit and vegetable production.

“My training at Soil Born provided an excellent balance between theory and practice—classroom learning was reinforced by hands-on, in-the-field training. Both components were invaluable to me and I call upon what I learned at Soil Born every time I work in my garden and on the farm.”

~ Grow Your Groceries Student



photos by Guy Galante



“The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings.”

~ Masanobu Fukuoka

Choose from two different tracks:

URBAN FARMER • Through core and elective classes, this course will teach you the sustainable farming practices and business skills necessary for starting your own small fruit or vegetable farm.

HOME GARDENER • Designed for those interested in growing an ample amount of fruits and vegetables in a home, school, or community garden, this course will provide in-depth training on garden design and sustainable annual and perennial crop production.

Both tracks include:

- Three- to four-hour core and elective classes, taught by experienced organic farmers and farming educators;
- Educational visits to organic farms throughout the region, and
- Hands-on work days at Soil Born Farms.

For more information, please contact
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