



HeartWorks

Our Community MUST Be the
Shelter Of Each Other



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Community Gardening Programs

HeartWorks is a non-profit community agency located in Bayboro (Pamlico County), NC. At HeartWorks we strive, through our many programs and partnerships with other local organizations, to address the physical, health and emotional needs of the children and families we serve. We provide after school and summer programming for elementary and middle school age children, mental health counseling and health education in the Pamlico County Schools, emergency food supplies through two food donation programs, a parent resource center located at our Safe Harbor Youth Center and community Family Fun Days. Our two community gardening programs will help enhance several of our other programs.

HeartWorks Community Garden

The HeartWorks Community Garden is housed in a 4000 sq. ft. fenced-in lot at the HeartWorks facility in Bayboro, NC. This space was first designed and developed last year and currently contains 4 raised beds that measure 4'x8' each. This year, three of these beds will be planted with vegetables and one will be used for herbs. We are also planning to expand the garden through the planting of a butterfly garden, a fig tree, and watermelons as well as developing a bird feeding station.

The development of our community garden will serve many purposes.

- The garden will beautify our community by turning a currently vacant lot, just off of our Main Street, into a beautiful and functional garden.
- The children in our after school and summer programs will learn more about health, nutrition and where their food comes from. They will learn to cook with fresh produce, how to use water and other resources in eco-friendly ways and more about the insects and wildlife they encounter in the garden. They will also benefit from the physical activity and exposure to the outdoors and nature provided through gardening.
- Based on availability, the yield from this garden will help provide healthy snacks for the children involved in our programs as well as help provide fresh produce to the families to whom we supply emergency food supplies.

*"Many things
grow in the
garden that were
never sown there."*

Thomas Fuller, 1732



The Harvest Hope Project

HeartWorks knows, especially in today's economy, that more and more families are struggling to afford healthy food on a regular basis. The Harvest Hope Project strives to teach families the self-sustaining skills of organic gardening, composting, seed saving and food preservation and canning. In exchange for committing to a minimum of 15 hours of service in the HeartWorks Community Garden (between April and October), families will be provided seeds or plants for their home gardens, some basic gardening tools, training on common gardening tasks, ongoing support, and access to fresh produce from the HeartWorks Community Garden. The HeartWorks Harvest Hope Project helps families learn how to supplement their grocery bills with fresh, homegrown, healthy produce, therefore setting them on a path to greater nutritional independence.

Help Support Our Community Gardening Programs

As always, HeartWorks could not do what we do without community support. On the back of this flyer, please find the Wish Lists for our gardening programs. Also, HeartWorks is seeking volunteers who would be interested in helping in the garden.

HeartWorks is a tax-exempt organization under the IRS 501(c)3 statutes. All donations made to HeartWorks are tax deductible.