Rent your Plot!

Garden coordinaton is managed through Get Fit Itasca at the YMCA.

Plots will be available for rent for the next growing season, Spring 2017.

About the Garden:

The Itasca Community Garden is located at the University of Minnesota North Central Research and Outreach Center (1861 E Hwy 169, Grand Rapids) and coordinated by Get Fit Itasca. All are welcome to rent a plot for the season!

The Garden Provides:
- A tilled plot with irrigation and a water spigot
- Hand-held garden tools
- Compost area
- Educational resources and social events

Gardeners:
- Rent your plot for $15 and all additional plots are $10 (some financial assistance is available upon request)
- Plots are 8’ x 10’
- Maintain your own selection of seeds/plants
- Maintain your plot for the season
- Harvest fresh produce for personal use

Healthy eating tips:

- Grow your own produce
- Freeze your excess garden produce
- Choose in-season produce at the store
- Buy fresh from the farmer
- Eat more vegetables

Read the label when grocery shopping:
- Check the number of servings in the package, nutrients are listed for 1 serving
- Choose lower sodium products
- Choose lower sugar products
- Choose products with fewer ingredients

For more information visit: www.getfititasca.org

Follow the garden: Facebook