

Harvest Heroes: Military Veterans Feeding Communities



uidaho.edu/harvestheroes




2022 Program now accepting applicants for Nampa, Idaho!

Are you a military veteran or family member interested in learning how to grow your own food or start a small farm?

How about feeding the hungry in our community, connecting with other local veterans, all while enjoying the health benefits of getting your hands in soil?

The Harvest Heroes Veteran Beginning Farming and Gardening Program offers accessible, family friendly, season-long training and mentoring for a real world, hands-on experience planning, growing, & harvesting fresh fruits & vegetables.

Harvest Heroes learn the basics of good growing, then work as a team to transform a neighborhood garden; improving personal health while feeding themselves and those in need.

Live Zoom class sessions	Hands-on intensive workshops	Practical training in the community farm
One hour, approximately twice a month, on Wednesday evenings from February 23 – May 18 (recorded if you miss one)	Three Saturday workshop sessions: - March 5 - May 7 - September TBD	Once monthly from March – May, one or more work sessions per week May – October on a rotating, flexible schedule weekend or weekday mornings or evenings, at the Liberty Veterans Garden in Nampa.
 Learn the science behind soils, botany, market gardening, soil, weeds, insects, and more	 In depth sessions on seed starting, family garden planning, small business development, harvesting, food safety, cooking and preserving fresh fruits and vegetables	 Learn by doing: soil prep, seeding, transplanting, greenhouse work, tillage, cover cropping, weed ID, season extension, crop rotation, crop protection, harvesting, packaging, food donation and distribution

Materials cost for the entire season is only \$65 per family.

Contact us for an application by February 18!

Call 208-287-5900 or email Connie May at conniem@uidaho.edu, or harvestheroes@uidaho.edu

To enrich education through diversity, the University of Idaho is an equal opportunity employer and educational institution. In compliance with the American Disabilities Act of 1990, anyone attending this program that requires auxiliary aids or services should contact Ariel Agenbroad ariel@uidaho.edu or 208-287-5900 at least two weeks prior to the event.

