

## **NURTURE to get families digging the dirt**

<http://www.pioneerlocal.com/evanston/lifestyles/trend/1935300.trend-nurture-121709-s1.article>

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**NURTURE welcomes The Organic Gardener: (From left) Lorry Williams, Nick Neubauer and Bill Robb, all of Winnetka, were among the over 75 gardening enthusiasts and supporters who gathered at the home of Jeff and Kathryn Guylay on Oct. 10 in Winnetka. Guests learned how families with limited resources could grow their own vegetables to improve nutrition and health, a mission of NURTURE (Nutritional Upgrading Realized Through Underwriting, Resources and Education)**

Over 75 gardening enthusiasts and supporters gathered at the home of Jeff and Kathryn Guylay of Winnetka on Oct. 10 for a wine and cheese reception followed by an educational presentation by Glencoe's Jeanne Pinsof Nolan, aka "The Organic Gardener," on How to Grow Your Own Vegetables.

Nolan founded The Organic Gardener five years ago when she recognized that a family vegetable garden is a wonderful way to engage children in outside activity, teach them where their food comes from and build healthy eating habits.

Her initiatives to get families digging the dirt and reaping the harvest caught the attention of Winnetka-based NURTURE (Nutritional Upgrading Realized Through Underwriting, Resources and Education,) a non-profit organization dedicated to helping resource-limited families improve their nutrition and health.

This economic analysis of home gardening, reminiscent of the Victory Gardens of 1940's, is the driving force behind the expansion of NURTURE'S programs to include teaching participant families to grow their own vegetables.

The event raised over \$1,000 -- enough money to fund the grow your own food session that NURTURE will hold for resource-limited families in the spring.

Nurture plans to provide each family with self watering containers, seeds and potting soil. If you would like to be involved in this effort, contact Kathryn Guylay at [kathryn@guylay.com](mailto:kathryn@guylay.com).