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## Over \$1,000 raised at Nurture's Fall Harvest Gathering

By: wck002

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**Kathryn Guylay, Executive Director of Nurture and Jeanne Pinsof Nolan of the Organic Gardener attend Nurture's Fall Harvest Gathering**

Nurture's Fall Harvest Gathering featuring guest speaker Jeanne Pinsof Nolan - The Organic Gardener.

On October 10th 2009 over 75 gardening enthusiasts and supporters gathered at the home of Jeff and Kathryn Guylay of Winnetka. Guests were treated to a wine and cheese reception followed by an educational presentation by The Organic Gardner on "How to Grow Your Own Vegetables". Jeanne Pinsof Nolan founded The Organic Gardner 5 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, a non-profit organization dedicated to helping resource-limited families improve their nutrition and health. "We are constantly making the economic case in favor of home-cooked meals vs. a stop at the fast-food

establishment, but what about comparing the cost of a pack of seeds and the cost of the produce it can grow?" asks Nurture's Executive Director Kathryn Guylay of Winnetka. 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. "We need to start with awareness of the issues, from the importance of getting out in nature to the economics of home gardening", Guylay says.

The event raised over \$1,000-- enough money to fund the "grow your own food" session that Nurture will be 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, please contact Kathryn Guylay at [kathryn@guylay.com](mailto:kathryn@guylay.com).

More information is available about The Organic Gardener at [www.theorganicgardener.net](http://www.theorganicgardener.net). More information about Nurture can be found at [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org).

### COMMENTS

What an interesting event! I am looking forward to the Spring to start implementing the ideas I learned from the Organic Gardner

Response by wck002 11/16/09 12:41 PM

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