



# Hellrung Park Community Garden

## BENEFITS of Being Involved:

- Healthy Activity/Good Exercise
- Good Single, Family, Elderly or Children's Activity
- Organic Food Source
- Enjoyment of Nature/Outdoors
- Can lead to other neighborhood issues being addressed, through getting to know your neighbors
- Pride of ownership in the new Hellrung park
- Better community cohesion; knowing people on the street
- Increased neighborhood pride and aesthetic maintenance
- Green spaces are calming, reducing stress, and are correlated to lower crime rates

## How can you get involved?

- Help area children make decorative walking stones this spring
- Choose which plants will be planted (flowers, veggies, herbs)
- Design the sign
- Help plant the garden
- Help maintain the garden
- Serve on the planning committee



## When can you get involved?

- **Saturday, March 17, 2007 – 2 pm at the garden in Hellrung Park**
- What evenings work best for you? What weekend days/times work best for you? Call Christine and leave a message with that info so we can schedule soon: 618-462-6802.



**Saturday, March 17, 2007 – 2 pm**  
at the Hellrung Community Garden!  
Come and be active in your re-newed park!

**Free Kids Activity**

Paint-a-pot and plant a shamrock to take home with you!



**Think about what you want to grow!!**

**These need to be planted *soon*:**

|              |                |
|--------------|----------------|
| Bush beans   | Peas, southern |
| Beets        | Okra           |
| Broccoli     | Radishes       |
| Carrots      | Spinach        |
| Cucumbers    | Tomato, cherry |
| Leaf Lettuce | Kale           |
| Potatoes     | Onions         |

Spring flower bulbs should go in SOON, too!  
Herb Garden can be started inside to be transplanted later...