

Testimony to support and enhance Thrive Montgomery 2050 - Please View FGH 4 minute video

Alex Baetsen, Sandra Lee and Lori Melman representing Family Learning Solutions and Food Grown Home (a project of FLS)

Dear Montgomery County Council and Executive Branch:

This is an excellent project and thank you for the opportunity to share our input on the Thrive Montgomery 2050 plan

To be succinct, we observed an absence of a detailed plan for food growing among Montgomery County residents. We did see the inclusion of agricultural preserves within the planning document; however, the residents of Montgomery County could benefit from access to food growing within their homes and immediate communities. **The Racial Equity and Social Inclusion and Environmental Resilience section could benefit from a specific plan to improve access to nutritious food.** We will be happy to share what we have learned about this exciting innovative industry which makes it **possible to improve access to nutritious foods, allowing residents of all incomes and ethnic backgrounds and education to grow their own nutritiously dense food within a small space.** This is already being incorporated into urban areas, with expert growers, products and instruction available at moderate pricing. Given the global climate change that is not within anyone's control, **we strongly urge the council to consider including a food growing component to the Thrive Montgomery 2050 plan. Please view 4 min video below:**

<https://youtu.be/y5QdpEdsFoE>

Attachments area

Preview YouTube video What is Food Grown Home? - Trailer



We do have a sampling of testimonies from county residents who received an introduction to the food growing project during this past fiscal year, please see below:

Testimonies:*

- “This was a great project to undertake! It did not require too much from us (working adults) and results were seen every day. We learned as we went, and were lucky enough to have a lot of seeds to correct mistakes with. The growing made us feel great! I love growing but my wife was nervous - it was so nice to see our work pay off when the sprouts grew and then when we ate them with meals.”
- “Positive things was seeing how many people want to learn how to grow food at home through FGH's Instagram page and people talking about it and sharing their photos. This project also has prompted me to look at some other options like cut and come again - lettuce, green onions, etc...”
- “It’s very rewarding to be able to grow your own healthy food. I truly appreciate Food Grown Home for opening my eyes to how it can be managed in an urban area.”
- “I enjoyed growing all of the sprouts. I liked that they all grew the same way and it was very easy to do. The directions were clear and easy. We liked the broccoli and radish sprouts. It was fun watching them progress each day.”
- “I really enjoyed learning about how to grow sprouts because I've been curious about that for a long time (I love eating sprouts!). I also liked being able to try something and showcase how easy it is to do, so more people can grow their own food in their own homes, even apartments!”
- “Great bonding experience with my family!”
- “Love growing my own food and being able to know exactly where my veggies came from.”
- “It was a fun family activity and there is pride in growing your own food.”

**Shared with the explicit consent of participants.*