MARCH VALUE: EATING GREEN, GROWING GREEN

l’vadah ul’shamrah
(to till and to tend)

Jewish tradition teaches us to care for our Earth — to preserve that which God has created. The rabbis developed the principle of Bal Tashchit (do not destroy), which forbids needless destruction. Rather, we are encouraged “l’vadah ul’shamrah,” to till and to tend, to become the Earth’s stewards.

MARCH 2016

READING LIST FOR CHILDREN:
• Eating the Alphabet, by Lois Ehlert
• Oh Say Can You Seed: All About Flowering Plants (Cat in the Hat’s Learning Library) by Bonnie Worth
• The Gardening Book, by Jane Bull
• Gardening Projects for Kids: Fantastic ideas for making things, growing plants and flowers, and attracting wildlife to the garden, by Jenny Hendy

READING LIST FOR ADULTS:
• Eating Local (Growing Green), by Laura Perdew
• Indoor Kitchen Gardening: Turn Your Home Into a Year-round Vegetable Garden, by Elizabeth Millard
• Grow Cook Eat: A Food Lover’s Guide to Vegetable Gardening, by Willi Galloway
• Small Plot, Big Harvest, by DK Publishing
• All New Square Foot Gardening, Second Edition: The Revolutionary Way to Grow More In Less Space, by Mel Bartholomew

• Do you know where your food comes from?
• Do you know what processes were involved in bringing that food to your table?
• What does “organic” mean?
• Would you feel differently about eating something if its production caused harm to the environment?
• How does buying locally produced food help the environment?
• How does eating more produce help the environment?

QUESTIONS? (704) 944-6730
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“EATING GREEN, GROWING GREEN” GARDEN PROGRAM FOR FAMILIES!
Featuring Katherine Pair, Garden Coordinator at the Urban Farm Collaborative at Garringer High. Join us for a fun activity that will give your family a head start toward a bountiful Spring garden. Help out in the garden with greenhouses for early plant starts and make one to bring home!
Sunday, March 6
12:15pm & 1:15pm
Shalom Park Community Garden
$5 per family

COMMUNITY-WIDE PURIM CARNIVAL
Join Shalom Green in the LJCC’s old gym for a fun game!
Sunday, March 20 • 12-3pm
Everyone Welcome!