

HOW DOES YOUR GARDEN GROW?

Healthy eating, a key to a prosperous and happy life, must start early because a person's preferences for foods is formed early in childhood. So the Boys, Girls, Adults Community Development Center started years ago to try to shape the food habits of children in the neighborhood.



BGACDC plants a vegetable garden each year and the garden serves not only as a source of good vitamins, minerals and fiber at its restaurant, Best Food in Town, but as a laboratory for children in the neighborhood.

Raising vegetable gardens, said Beatrice Shelby, the executive director of BGACDC, is a lost art in the Delta, which contributes to the region's unusually high incidence of diabetes and other disorders related to the food people eat.



"In 1967, when I graduated from high school, there was a garden at just about every home," she said. "We need to encourage young families to grow fruit and vegetables. If you cannot grow a full garden plot, grow a box garden; if you cannot do a box garden, just do a few plot vegetables. As parents and grandparents, we owe it to our children and grandchildren to shape their eating habits very early. If nothing else, take your children to visit a garden and fruit trees. It is one way to expose them to history and the best aspects of our culture, and it can stimulate creative activities that should contribute to their education."

To help BGACDC continue serving the community, please visit our website at www.bgacdc.com, and click on "Donate."

June 2016