

Cedar Garden

The Cedar Garden began in the spring of 2004 to help improve the quality of life of the residents at Cedarwood Apartments in Fall River Mills, CA. The residents have learned many valuable lessons through their gardening project like what vegetables grow best in their local climate, food nutrition concepts, and the importance of being physically active. They are also building healthy community relationships. Residents have learned the importance of gardening with children and how they can involve the children. Clay pots were purchased for the children to paint, and the children planted seeds to watch and learn how plants grow.

Every year a garden kick-off is celebrated. During this event some residents paint pumpkins and squash for Halloween decorations; other participants make bird houses out of pinecones, seed, and peanut butter; everyone enjoys interactive activities while learning the importance of eating plenty of fruits and vegetables. Each year the residents clean, repair, and replant vegetables in their assigned plots. The resident gardeners enjoy nutritious foods that they may not have otherwise been able to afford from their local grocery store, and they get their exercise at the same time.



Cedar Garden
Fall River Mills, CA