

# Harvest Heroes: Farming & Gardening for Military Veterans



**2020 Program now accepting applicants for Nampa and Kuna, Idaho!**

Are you a military veteran or family member interested in learning how to grow your own food, exploring agriculture as a career, connecting with other local veterans, feeding your community, or just enjoying the health benefits of getting your hands in soil?

**The Harvest Heroes Veteran Beginning Farming and Gardening Program offers accessible, family friendly, season-long training and mentoring for a real world, hands-on experience planning, growing, harvesting, marketing and enjoying fresh fruits & vegetables.**

Harvest Heroes learn the basics of good growing, then work as a team to transform a neighborhood garden; improving personal health while feeding themselves and those in need.

Live online sessions (learn from home)	Hands-on intensive trainings at the UI Extension Office in Boise	Community garden practical training in Kuna or Nampa
One hour, every other Thursday evening from Feb. 27 through May 7	Two Saturday morning sessions, March 7 & Saturday May 16 October session TBD	Avalon Garden in Kuna (Tuesday evenings) Liberty Garden in Nampa (Thursday evenings) Once monthly from March – May One or more sessions per week May – October on a rotating, flexible schedule TBD
Learn the science behind soils, botany, market gardening, soil, weeds, insects, and more	Explore seed starting, family garden planning, harvesting, food safety, cooking and preserving fresh fruits and vegetables and more	Practice garden preparation and maintenance from A-Z, seeding, transplanting, greenhouse work, tillage, cover cropping, weed ID, season extension, crop rotation, harvest, crop protection and more

**Materials cost for the entire season is only \$65 per family**  
**Contact us for an application by February 24**

Connie May, [conniem@uidaho.edu](mailto:conniem@uidaho.edu) 208-459-6365 ext. 340 or [harvestheroes@uidaho.edu](mailto:harvestheroes@uidaho.edu)

To enrich education through diversity, the University of Idaho is an equal opportunity employer and educational institution. In compliance with the American Disabilities Act of 1990, anyone attending this program that requires auxiliary aids or services should contact Ariel Agenbroad [ariel@uidaho.edu](mailto:ariel@uidaho.edu) or 208-287-5900 at least two weeks prior to the event.

