



## Celebrate Earth Day with the #GrowFoodChallenge

Invest in our planet, your community and your family by celebrating Earth Day this Saturday, April 22, 2023 by joining this year's #GrowFoodChallenge.

The #GrowFoodChallenge is a call to action for individuals, families, schools, & community groups in Northwest Tennessee to grow food & build soil.

From Saturday, April 22 – July 1, 2023, registered participants in the #GrowFoodChallenge will receive free seeds at a Seed Distribution Site within the 9-county region of Northwest Tennessee. During the challenge, participants may earn up to 6 prize entries by submitting online photos of your growing food AND building compost projects. In addition to monthly prize drawings, participants are eligible to win the grand prize => A Rural King Chest Freezer full of a locally raised quarter processed NB Company Beef!

Join us at the Martin Farmers Market in Martin, TN to kick-off this year's #Grow Food Challenge at the first annual Earth Day Celebration on Saturday, April 22nd from 9am - 12 noon.

Activities include: planting seeds with the Martin Public Library, learn about composting and reduction of food waste with Girl Scout Troop 40139, Join the TN Environmental Council's #ComePostYourCompost program, pick-up trash supplies from the Weakley County Litter Grant to support the City of Martin's Martin Beautiful Committee's city-wide trash pick up, learn from the UT Martin Ecology Club, pick up FREE seeds from the Northwest Tennessee Local Food Network and register for this year's #GrowFoodChallenge, from 11am-12 noon participate in a plant and pots swap.

The #GrowFoodChallenge Plant and Pots Swap will begin at 11am - the idea is to bring some plants and pots from your house to swap them out with others. If you don't have any of that, it's ok - you can still participate after the second round of swapping.

The Martin Beautiful Committee is encouraging all to participate in the GREAT GLOBAL CLEANUP® - a worldwide campaign to remove billions of pieces of trash from neighborhoods, beaches, rivers, lakes, trails, and parks — reducing waste and plastic pollution, improving habitats, and preventing harm to wildlife and humans.

Starting on and after Earth Day, Northwest Tennessee residents can pick up FREE #GrowFoodChallenge seed packets at the following locations: BENTON COUNTY - Second Harvest Food Bank; CARROLL COUNTY - Carroll County Library/ Seed Bank and McKenzie Senior Citizens Center; CROCKETT COUNTY - Crockett County Library; DYER COUNTY - Dyer County Master Gardeners Plant Sale and McIver's Grant Public Library & Seed Bank; GIBSON COUNTY - Humboldt Public Library; HENRY COUNTY - Henry County Extension Offices and W.G. Rhea Public Library; LAKE COUNTY - Lake County Extension Office; OBION COUNTY - Obion County Public Library ; WEAKLEY COUNTY - Martin Public Library and the Weakley County Extension.

The Northwest Tennessee Local Food Network is a 501(c)(3) nonprofit organization based out of Martin, TN with a mission to serve as a catalyst for a thriving and equitable local food system that is accessible to ALL in Northwest Tennessee. The #GrowFoodChallenge is paid for through a #SeedMoney Grant with the following generous seed donors; Society of St. Andrews, Sow True Seed, Ferry Morse Company, Cooperative Gardens Commission; and the following prize donors: Discovery Park of America, Greenway Nursery, Tractor Supply Company, Walmart, Bamboozle, the TN Environmental Council, Rural King and NB Beef Company.

Join us at the Earth Day Celebration on 4/22 from 9am -12pm at the Martin Farmers Market, 101 Main Street, Martin, TN 38237. For more information visit: <https://nwtlnfn.org/grow-food-challenge/>

Share the Earth Day Celebration event on facebook at: <https://fb.me/e/2D-D812Hg4>.

### Earth Day Celebration

Saturday, April 22, 2023  
9am – 12 noon  
Martin Farmers Market  
101 Main Street, Downtown Martin



#GrowFood Challenge  
FREE Seed Distribution 9-11 am

Plant & Pots Swap at 11 am

Connect with Conservation Groups

Community Garbage Pick-up

Activities for the Whole Family!

Learn more at [nwtlnfn.org](https://nwtlnfn.org) —>

Let's celebrate our beautiful town by giving back to our environment





## #GROW FOOD CHALLENGE

April 22 - July 1, 2023

Show how you have started your seeds and compost piles.



START

Show the progress of your plants and compost pile.



GROW

Show what you harvested and what you've done with your harvest and compost.



HARVEST

Celebrate the food you have planted and compost you've made!



CELEBRATE

Start. Grow. Harvest.

Themes have prizes through online photo submissions of growing food and composting projects donated by generous donors. Get Started with the QR link to register.






NWTNLFN.ORG/  
GROW-FOOD-CHALLENGE

## PLAN YOUR TREE PLANTING For Beauty, Energy Savings & Safety

### LARGE TREES

Height/spread of more than 40 feet, such as:


- Maple
- Birch
- Oak
- Sweetgum
- Spruce
- Linden
- Pine



### MEDIUM TREES

Height/spread of 25 to 40 feet, such as:

- Washington hawthorn
- Goldenrain tree
- Eastern redbud
- American arborvitae
- Dogwoods

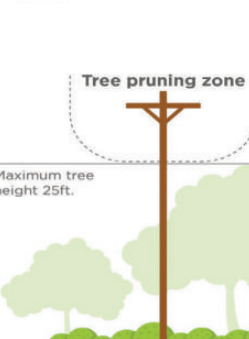


### SMALL TREES

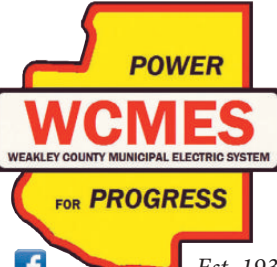
Avoid planting within 20 feet of power lines. When planting within 20 feet is unavoidable, use only shrubs and small trees.

Height/spread of no more than 25 feet such as:

- Star magnolia
- Crabapple
- Lilac



It's important to plan your planting to be sure your trees thrive and don't grow into a problem later, especially around power lines. A cute little sapling can grow up and into utility lines and require drastic action for safety's sake. Please check out our website for more information to be on the safe side.



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