

# GROWING HEALTHY IN 2024

[www.iurbarnfarm.com](http://www.iurbarnfarm.com)



## YOUR NEWSLETTER FOR CULTIVATING A FLOURISHING EDIBLE GARDEN

As we usher in the new year, let's embark on a journey to cultivate health and well-being right in our own backyard. Welcome to our special newsletter on creating a healthy eating garden for 2024!

### EMBRACE SUSTAINABLE PRACTICES

#### »» SUSTAINABILITY

This year, let's prioritize sustainability in our gardening efforts. Explore eco-friendly techniques like composting, rainwater harvesting, and companion planting to nurture a garden that gives back to the environment.

#### »» NUTRITIOUS FOODS

Opt for a diverse range of fruits, vegetables, and herbs that pack a nutritional punch. From vibrant berries to leafy greens, a colorful array of produce will not only delight your senses but also contribute to a balance and healthy diet.

### CHOOSE NUTRIENT-RICH VARIETIES

# CULIVATING GROWTH

## ➤➤➤ PLAN FOR YEAR-ROUND HARVEST

With strategic planning, you can enjoy a continuous supply of fresh, homegrown produce throughout the year. Incorporate a variety of crops with different growing seasons to ensure a steady harvest and an evergreen garden.

## CREATE A RELAXING GARDEN SPACE

Design your garden as a haven for relaxation and mindfulness. Integrate cozy seating, fragrant herbs, and beautiful flowers to create a space that nourishes not only your body but also your soul.

## ➤➤➤ STAY INFORMED WITH GARDENING WORKSHOPS

Enhance your gardening skills by participating in workshops and webinars. Stay tuned for our upcoming events, where experts will share insights on organic gardening, pest control, and maximizing yields.

## ➤➤➤ CONNECT WITH THE GARDENING COMMUNITY

Join our gardening community to exchange tips, experiences, and inspiration. Share your garden's progress, seek advice, and celebrate the joys of cultivating your own healthy oasis.

## ➤➤➤ UPCOMING EVENTS AND CELEBRATIONS

Mark your calendars for our upcoming gardening workshop series covering essential topics like Gardening 101, Soil health, pest Management, Composting, and Hydroponics - all for an unbeatable price of only \$9.99 each! Elevate your gardening skills with expert insights and practical tips. Don't miss out on this affordable opportunity to cultivate your green thumb!

## ➤➤➤ EXCLUSIVE DISCOUNTS FOR SUBSCRIBERS

As a token of appreciation for being part of our gardening community, enjoy exclusive discounts on seeds, gardening tools, and accessories. Look out for special offers tailored just for you.



Let's make 2024 the year of cultivating health, one garden bed at a time. Happy gardening!

# UPCOMING TRAINING PROGRAMS



**Intensive  
3-week  
Program**

## Farming Success Starts with a Solid Business Plan

A COMPREHENSIVE COURSE FOR AGRICULTURAL SUCCESS

**IN THIS COURSE**

Define Your Mission & Vision	Budgeting and Funding Strategy
Strategic Marketing Blueprint	Goal Setting and Growth Timeline

Integrate Elements into a Cohesive Business Plan

**COURSE FEE \$99.99**

<b>FLEXIBILITY</b> Access course materials and participate in discussions at a time that suits your schedule.	<b>LIVE SESSIONS</b> Engage with instructors and peers through live webinars and Q&A sessions.	<b>RESOURCE LIBRARY</b> Access a wealth of online resources, including articles, videos, and toolkits.
--	---	---

 Contact Us 404.734.1380 |  [www.iurbanfarm.com](http://www.iurbanfarm.com)



**Intensive  
3-week  
Program**

## Mastering Farm Marketing

A COMPREHENSIVE COURSE FOR AGRICULTURAL SUCCESS

**IN THIS COURSE**

Understanding Agriculture Marketing	Crafting Your Farm Brand
Effective Online & Offline Marketing Strategies	Identifying Target Markets
Measuring Success and Adapting Strategies	Social Media for Farmers

**COURSE FEE \$99.99**

<b>FLEXIBILITY</b> Access course materials and participate in discussions at a time that suits your schedule.	<b>LIVE SESSIONS</b> Engage with instructors and peers through live webinars and Q&A sessions.	<b>RESOURCE LIBRARY</b> Access a wealth of online resources, including articles, videos, and toolkits.
--	---	---

 Contact Us 404.734.1380 |  [www.iurbanfarm.com](http://www.iurbanfarm.com)



**Intensive  
3-week  
Program**

## Farm Safety Plan Secure Your Agriculture Future

A COMPREHENSIVE COURSE FOR AGRICULTURAL SUCCESS

**IN THIS COURSE**

Foundations of Farm Safety	Equipment and Machinery Safety
Creating a Comprehensive Safety Plan	Chemical Handling and Storage
Personal Protective Equipment (PPE)	Livestock Handling Safety

**COURSE FEE \$99.99**

<b>FLEXIBILITY</b> Access course materials and participate in discussions at a time that suits your schedule.	<b>LIVE SESSIONS</b> Engage with instructors and peers through live webinars and Q&A sessions.	<b>RESOURCE LIBRARY</b> Access a wealth of online resources, including articles, videos, and toolkits.
--	---	---

 Contact Us 404.734.1380 |  [www.iurbanfarm.com](http://www.iurbanfarm.com)



**Intensive  
3-week  
Program**

## Optimizing Operational Plan for Agricultural Excellence

A COMPREHENSIVE COURSE FOR AGRICULTURAL SUCCESS

**IN THIS COURSE**

Essentials of Farm Operations	Resource Management and Sustainability
Creating a Customized Operational Plan	Precision Agriculture Techniques
Efficient Crop and Livestock Management	Supply Chain Integration

**COURSE FEE \$99.99**

<b>FLEXIBILITY</b> Access course materials and participate in discussions at a time that suits your schedule.	<b>LIVE SESSIONS</b> Engage with instructors and peers through live webinars and Q&A sessions.	<b>RESOURCE LIBRARY</b> Access a wealth of online resources, including articles, videos, and toolkits.
--	---	---

 Contact Us 404.734.1380 |  [www.iurbanfarm.com](http://www.iurbanfarm.com)

# CSA PROGRAM

Exciting news is sprouting at I Urban Farm, and we're thrilled to share it with you! Say hello to our brand-new CSA (Community Supported Agriculture) program, a delightful initiative designed to bring the abundance of our urban harvest directly to your doorstep.

## »»» WHAT IS THE I URBAN FARM CSA PROGRAM?

Our CSA program is a unique opportunity for you to become a part of our farming community and enjoy the freshest, locally-grown produce. By joining the program, you not only support sustainable urban agriculture but also experience the joy of receiving a diverse selection of fruits, vegetables, and herbs, straight from our vibrant gardens.

## »»» HOW DOES IT WORK?

Enrolling in the I Urban Farm CSA program is simple. Choose from our subscription options, indicating your preferred box size and delivery frequency. Whether you're a solo green enthusiast or a family of fresh-food lovers, we have a subscription tailored to suit your needs. Once subscribed, you'll receive a curated box of seasonal delights at your chosen interval.

## »»» THE BENEFITS OF CSA

- 1. Freshness at its peak-** our CSA members enjoy the cream of the crop, receiving produce at its peak freshness. Harvested just before delivery, you can relish each item's full flavor and nutritional benefits.
- 2. Diverse and Seasonal Selections-** experience the variety of each season's diversity. From crisp summer greens to hearty winter root vegetables, our CSA boxes showcase the rich tapestry of urban farming.
- 3. Connection with the Farm-** feel connected to the source of your food by learning about the crops, cultivation practices, and the hands that bring these fresh delights to your table. Our CSA program fosters a sense of community and shared agricultural experiences.

## HOW TO JOIN

Ready to embark on this farm-to-doorstep adventure? Visit our website to explore subscription options and sign up for the I Urban Farm CSA program. Limited subscriptions are available, so secure your spot to ensure a continuous supply of farm-fresh goodness.

We're thrilled to embark on this journey with you, cultivating not just plants but a community rooted in sustainability and the joy of locally grown produce. Thank you for being a part of the I Urban Farm Family.

**Happy Harvesting!**

