

Fresh Picks

BEANS, PEAS & CARROTS, OH MY! 🌱🥕



Summer planting is sprouting up fast at GROW — and we've had some amazing helping hands! From turning soil to planting rows, our Core Crew and awesome community partners are digging in and making it happen.

Whether it's peas in a pod or teamwork in the field, we're growing more than veggies — we're growing skills, confidence, and connection.

Metro High School + GROW = a season of collaboration!



Back in February, Metro High School students started pumpkins and gourds from seed in their on-campus greenhouse. In May, they planted their thriving young starts in our fields — and they'll be back this fall to harvest the fruits of their labor!

As if that wasn't enough, they also created vibrant field markers to help our crops shine all season long.

We're so grateful for their creativity, hard work, and partnership! 🌱🎃🍁

Fresh Picks

Volunteer and Shop

A huge THANK YOU to the amazing volunteers from Transamerica! 🙌🌱

They spent the day at GROW prepping, planting, tilling, and watering — helping us get a strong start to the season.

We couldn't do it without hands like theirs!

This summer, we'll be offering fresh produce and beautiful cutting flowers for sale.

 **Shop with us:**

- 📍 The Core Store (onsite) — Saturdays, 9 AM to 1 PM
- 📍 Old McDonald's Farm at Bever Park Farmers Market —
Wednesdays, 4 PM to 6 PM

Crop updates and availability will be shared on Facebook — stay tuned and stop by! 🥬🌸🍅



Preparing for the
Cutting Garden



Tomato
Planting

Fresh Picks

🍏❤️ Newly Planted Apple Trees – Growth Progression 🍏❤️



Friday May 2 (wk 1)



Sunday May 18 (wk 3)



Friday May 30 (wk 5)

CZECH OUT OUR RIDE—HERE WE GROW! HOUBY DAYS - MAY 17, 2025



Making our Houby Day debut, Core Crew member Ethan and Team Lead Susan Morris spread joy, cultivated community, and even foraged a little fun along the parade route. Thanks to Piersall Law firm for allowing us to cruise the route in style providing a 1970 Pontiac GTO Judge and a 1976 Lincoln Towncar to showcase GROW.

Speaking of parades ... “Celebrate Freedom, GROW With Us” on June 28th in the New Bo district as GROW and Core Crew members participate in the Freedom Festival parade!



Grow: Growing Real Opportunities for Work

GROW is a non-profit that empowers individuals living with challenges by providing valuable employment skills through meaningful work in horticulture.

Visit GrowWithKazimour.org to learn more about us, or consider volunteering this spring.