

Fresh Picks



Santa came a bit early!



Thanks to a generous gift from the RRAF Organization, GROW will soon be installing a four-tier vertical hydroponic growing system. Hydroponically grown plants thrive without soil, using a mineral-rich water solution to deliver nutrients directly to the roots.

This exciting addition will allow GROW to offer winter programming for our Core Crew members. We'll be focusing on growing fresh greens and herbs, which will be sold to local vendors and restaurants.

We've also been lucky to partner with students from Metro High School throughout the process. These students researched system options, helped select our equipment, and even recommended what GROW should grow and sell. In early January, they'll roll up their sleeves and help construct the system!

Fresh greens anyone? 

Fresh Picks



A Sweet Holiday Treat



Looking for a dessert that will dazzle your family? GROW's very own Director of Program Development, Maureen, makes a holiday-perfect Pumpkin Roll Cake that's as delicious as it is festive. This recipe serves 10 and is guaranteed to spread holiday cheer!

👉 Check it out here: Frontier Coop Pumpkin Roll Cake
<https://www.frontiercoop.com/recipes/pumpkin-roll-cake>



**Wishing you a *bushel* of
holiday cheer and a New Year
ready to take *root*
Warmly,
The **GROW Team**
Planting Roots.
Growing Impact.**



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