



Lake County

Health Department and
Community Health Center

Health Department WIC Garden

Who: Lake County Health Department's Supplemental Nutrition Program for Women, Infants and Children (WIC) and Green Youth Farm staff

What: A vegetable garden featuring tomatoes, beans, chives, onions, carrots, radishes, hot peppers, bell peppers, yellow squash, spaghetti squash and lettuce. The garden is planted each year to help teach WIC recipients how to grow vegetables at home and to promote eating five fruits and vegetables every day. It also gives children the opportunity to see that food doesn't have to come pre-packaged from grocery stores.

In the summer months, nutrition education sessions are held in the garden so WIC clients can learn about different vegetables, how to grow them and harvest them, and how to prepare some of the produce. The fruits and vegetables grown in the garden are given to WIC clients throughout the season when they come in for their appointment and group education sessions.

The Green Youth Farm, a partner of the WIC program, is one of many community gardening programs developed and coordinated by the Chicago Botanic Garden. It is a leadership program in which students grow fresh food for area farmers markets, including the market in Belvidere Park. The Green Youth Farm students will contribute to the success of this year's garden by helping to weed, prune and harvest.

Garden

Location: The Belvidere Medical Building
Lake County Health Dept/Community Health Center
2400 Belvidere Road
Waukegan, Illinois
The garden is located on the west end of the complex.

Farmers

Market: Every Wednesday from July to August, a farmers' market is held on the Community Health Center campus. This market is organized to give WIC clients easy access to redeem their WIC farmers' market coupons. Two farmers groups sell at the market every week – Red Barn Farmers Market and the Chicago Botanic Gardens Green Youth Farm program. Both the WIC garden and farmers' market are used for nutrition education for WIC clients, and produce grown in the garden was given to WIC clients.