

Once the idea was planted, the Healthy Yankton Community Garden started growing. Now hoeing for the sixth year in a row, the garden has also helped to increase interest in gardening all across the community. The harvest has been bountiful and the rewards plentiful, reported HY representatives who agreed to report on their progress since the first soil was turned over.

The seeds of hope were abundant in the minds of Brenda Johnson, Nancy Teachout, Susan Thorson and Angie O'Connor back in 2008. The dedicated volunteers helped to propagate their plans into a rewarding reality...a patchwork of plots where residents get exercise, socialize, and make future nutritious meals materialize. Gardeners are even encouraged to 'grow a row' to donate their excess produce to others in need.

"A start-up grant from the Department of Health and additional financial support from Avera Health helped HY patch plans into place," said Angie O'Connor, of Avera Sacred Heart Wellness Center.

