



**SIERRA CLUB**  
SAN DIEGO CHAPTER



## GROW FOOD, BUY LOCAL

### Increase Food Security

In a climate changed world, the ability to grow our own food and support our local supply chain is even more critical. We are fortunate in San Diego to have a good climate for growing and a wealth of farmers practicing climate smart agriculture. Through growing your own food, returning carbon to the soil, and supporting our local producers who are stewarding the land, we can build long-term resilience together.

Everyone can grow some of their own food. A pot on a patio can grow lettuce, herbs, or a tomato. A small garden bed can yield vegetables, herbs, and roots. A fence can be the perfect place to grow passionfruit, grapes, or blackberries. A trellis can support squash, beans, and cucumbers to grow up. Don't have space to grow? Look for community gardens (<http://sdcgn.org/>) in your area, or join a neighbor to share the work and bounty.

### Take Action

- 1 If you are a first time gardener, read this: <https://bit.ly/3T9d0mK> or watch this: <https://bit.ly/3cdGkbh>
- 2 Build/buy a garden bed or prepared containers lined with gopher-wire. Many food plants and dwarf fruit trees also do well in pots or containers.
- 3 Plant seeds or 'starts.' Learning to grow food from seeds is the least expensive way to grow food. <https://bit.ly/3AIB7Wz>
- 4 Use organic pest control. Pesticides are dangerous for you and wildlife. 90% of insects in gardens are beneficial. Hand-picking is a good method of pest control in a small garden.
- 5 Rodent baits and poison kill owls, hawks, falcons, gopher and king snakes, and herons and should be avoided.
- 6 Plant companion and pollinator plants. Calendula, marigolds, and garlic are suitable companion plants.
- 7 Fruit trees, like lemons, limes, pomegranates are well-adapted to our region and will shade your home. Passion fruit and kiwis also grow well here. Buy from local North County nurseries.
- 8 Mulch and water your garden for most success.
- 9 Shop at your local Farmer's Market when possible. <https://bit.ly/3ApvcAa>
- 10 Join a community supported agriculture (CSA) for a box of locally grown, organic, in-season food. (fee applies)
- 11 Learn about the root causes of our food system issues through San Diego County Food Vision 2030. <https://www.sdfsa.org/vision>

For more information visit our website: [www.sierraclubncg.org/home/sierra-club-at-home-resilience-project/](http://www.sierraclubncg.org/home/sierra-club-at-home-resilience-project/)

