

The Boone County Democrats

Tomato Giveaway

EASY VEGETABLES

to Grow in Your Home Garden and Its Benefits



TOMATOES

Contains vitamin C
and vitamin A.



CUCUMBER

Provides vitamin K and
high water content.



GREEN BEANS

Contains an essential
substance of iron and fiber.



LETTUCE

Full of folate and
potassium



SPINACH

It's rich of iron and
vitamin E.

The BCD is giving away free tomato plants in a grow bag to any elementary age child in Boone County

Ogden Library May 11th 10 to 11 am

Boone Library May 11th 10 am story time; 10:30 - 11am

tomato time

Madrid Library May 18th 10am to noon