



## ***HORTICULTURE THERAPY***

**“Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas.”**

–Elizabeth Murray

Through our Signature Dining Program, Residents benefit from this holistic and therapeutic farm-to-table approach by helping to grow and harvest the fresh ingredients included in our dining creations that nourish their bodies. Using Aeroponic Tower Gardens, we enhance traditional gardening by incorporating a unique vertical garden system to grow fresh fruits and vegetables without the use of soil. Join us at our next group meeting for more information.

Wednesday  
March 13<sup>th</sup>@6:30pm  
with Chef Jonathon  
Conference Room  
RSVP to  
[krodriguez@spring-hills.net](mailto:krodriguez@spring-hills.net) or call  
732 873 4800 ext. 234

