

My Photo Entry:By Myra Mridul (age 8)

My illustration is about growing your own food. This summer I learned that big changes happen when you use small steps. The idea of growing your own food can be the first step to going local. I remember when it was the summer and my parents were growing their own fruits and vegetables. We grew so much we had enough for months. We froze the surplus and we are still eating those. We grew peas, cucumbers, tomatoes, hot peppers, eggplants, and more! The produce also included grapes, apples, kiwi and red currants! We made pickles, jams, and jellies from the fruits and vegetables that we grew. Growing these in our own backyard was not only fun but also helped us eat healthy.

