



Harvest with a Heart

Farmers Market Produce Swap

Iowa Heart Center Ames office, 1816 Philadelphia

July 19 & September 27 4:30 – 6:00 p.m.

- Share ideas to grow and harvest produce
- Share your garden treasures
- Share ideas to include fresh fruits and vegetables in a healthy diet
- Learn about the health benefits of gardening

Questions? Call (515) 232-2500



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