

# SD PromiseZone Victory Gardening

## What is a victory garden?

Victory gardens are home gardens with the primary purpose of producing food. In the past, families during World War I and World War II would use victory gardens to increase food production and boost morale. Many decades later, victory gardens continue to serve families and are an amazing way to save on grocery bills.

## How can I have a victory garden?

Create a victory garden by choosing herbs and vegetables and growing them in the conditions that best nurture them. Lavender, oregano, rosemary, sage and thyme, for example, are Mediterranean herbs that grow well in drier soil. To make the most out of your space, consider plants that grow vertically. You can add in a post or fencing if what you're growing produces vines.

## Where can I take the food I've grown?

- [Food Donation Guide](#)
- [Co-Harvest San Diego](#) and [People's Produce](#) are also local options.

*State and Federal food donation laws protect you from liability when donating food as long as the food was handled safely before donation. Food facilities may legally donate food to any non-profit or directly to the community.*



San Diego Promise Zone: Healthy Communities