

Hello Community

During this difficult time, The Plot will continue to seed, grow and share fresh produce with everyone who is in need.

But due to COVID-19 we are

- **Reminding people to make sure you maintain Social distancing and **keep a social distance of 6 feet minimum at all times.****
- **Stay home if you have any symptoms**
- We are suspending tool sharing, as we can now not properly disinfect tools to insure safety any longer due to a lack of availability of cleaning products. (COVID-19 can potentially linger on surfaces for days)
- **Asking that you follow, or exceed, all current guidelines from the health department if the situation changes.**

A reminder -due to closures there are no washrooms available in the surrounding closed facilities, so plan your visit accordingly.

Keep washing those hands! 21 seconds, lets just get to make that a 'Natural' thing. No one wants to gamble with their health or the health of our loved ones.

While you are at the store shopping, have a thought about buying a package of seed. 'The more we sow the more we grow' Eating healthy foods helps to improve health and vitality, and we think the best food to eat is fresh grown foods! so Grow at home if you are able. Or come grow and harvest responsibly with us, lets make sure there is more local food to go around.

If you would like to come to the Plot to weed, plant or grow vegetables, but need more information or assistance , please contact us by an email to [friendsoftheplot@gmail.com](mailto:friendsoftheplot@gmail.com) for help such as when to come, what tools to bring, what to do, what to plant, where to plant, where to get seeds, and how to plant, etc.

Also Check out the website [www.thePLOT.ca](http://www.thePLOT.ca)

Working in The Plot is healing for you and healing for our Mother Earth, and both are very needed at this difficult time. So know you are all welcome, more than ever."

So stay HEALTHY, stay STRONG! Stay rooted into the community or your support networks (either remotely or at a safe social distance).

We thank you very much, in advance, for your sharing and caring!"

- thePLOT Community sharing garden team