

# ECU Health Well-being Zone



Quarterly Newsletter: Winter 2024

Location: 1375 Cowell Farm Rd, Washington, NC 27889

## About Us

The ECU Health Well-Being Zone was designed to provide educational programs that engage community members in practicing healthy habits. This interactive learning environment shares ECU Health's mission to improve the health and well-being of eastern North Carolina.



## Community Garden

The community garden includes raised bed planters. These planters house a variety of seasonal crops planted by ECU Health team members, volunteers, and community partners for the purpose of demonstrating to the public how they may plant, nurture, and harvest fresh fruits, vegetables, and herbs to support their well-being.



## Onions are Growing!

Onion bulbs were transplanted into the garden in the fall of 2023. They will continue to grow this winter, and they should be ready to harvest in the spring. For more information on growing onions in eastern North Carolina, [click here](#) to visit the North Carolina Cooperative Extension's website.



## Donations

Many visitors of the Well-being Zone have expressed interest in supporting this program. If you are interested in supporting the Well-being Zone, please click or scan the QR code here to make a tax-deductible donation.



If you are interested in serving as a volunteer, please ask a team member for a [volunteer packet](#).

## Winter Crops

The following plants are harvested as available and shared with community members. Please stop by on Wednesdays and Fridays between 9 am - 12 pm.

- ❖ Oregano
- ❖ Parsley
- ❖ Rosemary
- ❖ Swiss Chard
- ❖ Collard Greens
- ❖ Kale
- ❖ Cabbage

## What You Need to Know so You Can Grow

The North Carolina Cooperative Extension is offering a free 5-course series that will focus on the topics below on Tuesdays, from 9 - 11 a.m.

- |               |             |
|---------------|-------------|
| • February 6  | Soils       |
| • February 13 | Fruits      |
| • February 20 | Vegetables  |
| • February 27 | Ornamentals |
| • March 5     | Turf/Grass  |

Register here!



or call 252-946-0111

Location:

Beaufort County  
Cooperative Extension  
155 Airport Road  
Washington, NC 27889