


GROW MORE WITH LESS —


*Learn how to grow food year round
Naturally to heal and fuel your Body....*


Join us for an engaging talk on Tower Gardens—
an easy, space-saving way to grow fresh, healthy
food at home and in your community.

What You'll Learn

- What a Tower Garden is and how it works
- How to grow vegetables, herbs, and fruits with less water and no soil
- Benefits for homes, schools, and small spaces
- Q&A and practical insights

 **Date** March 14, 2026

 **Time** 11:00 AM

 **Location** Plymouth Meeting Church
42 E. Germantown Pike, Plymouth Meeting, PA 19462

RSVP at pmecc.org Healthy Lunch to follow Presentation

About the Speaker

Duane C. McCarthy, a native of Lafayette Hill, has worked with educators, commercial growers, and home gardeners for **over 14 years**.

Duane will bring the value of growing sustainable food—a worldwide concern—using cutting-edge growing technology that was developed at the **Land Exhibit at Epcot in Walt Disney World**.

With a focus on simplicity and accessibility, Duane informs and inspires the audience to become more proactive—confident growing their own food.



Come see how easy it is to grow fresh food—vertically!