

Women's Health Resource Library

The Women's Health Resource Library works to advance the health and wellness of our community through education, outreach, and special initiatives.

History

The Women's Health Resource Library was founded in 2004 to provide the citizens of Downeast Maine with quality health education materials and programming. Research shows that women are the primary consumers of health care for their families. By targeting our message to women, we hope to impact the health and wellness of the entire family and community.



Ongoing Programs Include

- RSVP BoneBuilders Program
- Yoga
- Women's Group: Finding Voice
- Parents and Children Doing Art Together
- Incredible Edible Milbridge
- WHRL Online
- Special Health and Wellness Programming
- Elaine Hill Memorial Nursing Scholarship
- Wellness Lending Library

The WHRL continues through the generous financial support of individuals, the community and our corporate sponsors: Jasper Wyman and Sons, Camden National Bank, Machias Savings Bank, and Down East Community Hospital.

Committed to advancing and promoting the health and well-being of the woman, the family, and the community.

24 School Street, PO Box 463, Milbridge, ME 04658
www.whrl.org • 207-546-7677



a project of the

Women's Health Resource Library

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Incredible Edible Milbridge (IEM) is a series of public vegetable gardens and education initiatives through which we strive to create a community that is stronger, healthier, and more food independent.

IEM's goal is to change the way we think about food, how we shop and what we do with our outdoor space through gardening.

IMPROVING Lives Through Gardening

Incredible Edible Milbridge is committed to improving the health of our community and restoring our local food economy by creating vegetable gardens throughout town.

Through this project we are:

- **Changing** the way our community thinks about food
- **Creating** an appreciation for nutritious, whole food
- **Recognizing** the value of food independence through locally grown foods
- **Improving** what we do with our outdoor space



BUILDING Community Through Gardening

With volunteers from our local businesses, schools, and the greater community, IEM now has 25 garden locations throughout downtown Milbridge.

IEM has been possible through the contributions of:

- Jasper Wyman & Son
- Viking Lumber
- Mark Wright Construction
- Machias Savings Bank
- Downeast Coal & Stove
- Coast of Maine
- Fedco
- BaySide Shop 'n Save
- Worcester Peat
- Community members

INSPIRING Gardening Through Education

People of all ages are learning to grow healthy vegetables and fruits through free hands-on workshops:

- Starting Seeds
- Growing Baby Greens
- Gardening in a Small Space
- Building Compost
- Starting a Garden from Scratch
- Boost the Bounty of Your Garden with Cover Crops
- Garden Tours



CHANGING lives Through Gardening

Incredible Edible Milbridge will harvest more than 3,000 pounds of produce a year.

We gain:

- A healthier community
- Community pride
- New gardeners - young and old
- A vibrant community marketplace
- A vital, local, fresh food economy



Special events this summer at the Red Barn Market Garden:

Guided Family Garden Tour with Farmer Michael

Come See What's Growing!
Saturday, July 25, 2015: 10 to 11 am

Family Harvest Party with Farmer Michael
Take some vegetables home with you!

Saturday, August 22: 10 - 11 am



IEM Garden Map Key

1. Women's Health Resource Library
2. Milbride Medical Center
3. Post Office
4. Bridge Steet Apartments
5. Bar Harbor Bank & Trust
6. Incredible Edible Market Garden at the Red Barn
7. Viking Lumber
8. Mano En Mano
9. Narraguagus Bay Health Care
10. Milbridge Pharmacy
11. 44 Degrees North Restaurant & Pub
12. Rising Tide Wellness
13. Milbridge Gulf
14. Milbridge House Restaurant
15. Camden National Bank
16. Milbridge Elementary School
17. Vazquez Take-Out
18. Bayside Shop 'n Save
19. Kelco
20. Luna Midwifery & Sol Studio
21. Back in Motion
22. Schooner Gallery
23. Schoodic Insurance
24. Rumery's Marine
25. Narraguagus High School

The Incredible Edible Market Garden at the Red Barn



Remember your grandparent's vegetable garden?

Remember the days of canning and preserving?

We're bringing those days back!

The 10,000 sq. ft Incredible Edible Milbridge Market Garden overlooks the Narraguagus River at the Red Barn Motel.

The purpose of the **Market Garden** is to grow vegetables right here in town and make them available to everyone. Anyone can come help take care of the garden. Anyone can come harvest vegetables from the garden once they are ripe.

Stop by during volunteer hours and Michael Hayden, our IEM Market Garden farmer, will show you what to do. No experience necessary. We've got the tools!

Volunteer Hours

Monday & Wednesday afternoons 2 pm – 5 pm
Saturday mornings 10 am – 12 pm