



FRESH NEWS

Become a Member, for Free!

1. Select **The Round Urban Garden URL** located in the top-left corner of this newsletter.
2. Select **Log In**, located in the top-right corner of the page.
3. Select your **Google** or **Facebook** account, or select the option to sign up through your **email**.

Longmont Horse Rescues!

Did you know that the Longmont community has over ten horse rescues?! That's just Longmont — that's just horses! Many horses go to auction and kill pens due to health, neglect, or owners no longer having resources, but every week, horses go through the slaughter pipeline, and our Longmont horse rescues show up to save and rehabilitate as many as they can. For more information, select the following URL.

www.believeequinerescue.com



A Community of Humans?

As a 501(c)(3) urban agricultural garden for the homeless, and low-income individuals and families, 'community' is a topic that brings on various discussions. How about changing the perspective? **We are all the same, just in different places in life — sometimes.** Sometimes we celebrate incredible wins, and other times, we feel lost and might need help to get back on track. It's pretty rare when things go exactly as planned in life. Happy new year! To The Round Urban Garden's lovely subscribers, did you miss the December issue? Click [**here!**](#)

Alone and Cold?!

“We are in Winter, now!” At least, that’s what the three feet of snow drift says against my front door. No matter the story of those needing help, do you have any warm clothing or blankets you can spare?

The Round Urban Garden is just one of many incredible resources for those in need, in Longmont.

- **HOPE** for Longmont
- **SAFE SHELTER**
- Longmont Food **Rescue**

Help Us Continue Building

Visit our [Amazon Wish List](#).

Come as You Are

Are you retired, have young family members, or do you have a stressful job? PTSD?

You’re not alone. Come as you are and join us in the garden! We could always use extra hands. If interested, or you want to know more information, contact Jennifer Smith at the following:

roundurbangarden@gmail.com.

In 2025, The Round Urban Garden will be building out our community to include more staples of Longmont, CO, such as children, young adults, and professionals in the community. Not just to work in the garden, but to also have fun with food and music during events in the garden. Technology will work to bring you closer to opportunities by becoming a member of The 'Garden (see the top-left corner of page one for directions).

Where To Grow from Here

Our Master Gardener breathes new life into innovative ideas that even those struggling can manage. To help keep stomachs a bit fuller while providing seedlings, plants, support, and partnerships, Michele organizes Thursday workshops. “You can smell the basil plants from the basement when I’m in the kitchen upstairs — it’s incredible,” says Michele, commenting on the latest batch of plants she will be gifting at the workshops.

Basil Health Benefits from WebMD

- **Reduction of oxidative stress.** Basil is full of antioxidants. Sweet basil contains a compound called eugenol, and lime and lemon basils have limonene. These antioxidants, along with others such as anthocyanins and beta-carotene, help to fight free radicals in the body that can otherwise lead to cell damage and increase your risk for a variety of health conditions, including cancer, heart disease, arthritis, and diabetes.
- **Blood sugar regulation.** Some studies suggest that adding basil to your diet may help reduce high blood sugar levels and help lessen the long-term effects of high blood sugar.

Where To *Grow* from Here (Continued...)

- **Reduced inflammation.** Essential oils in basil, including eugenol, linalool, and citronellol help fight inflammation in your body. These anti-inflammatory properties help lower your risk of inflammatory conditions such as arthritis, heart disease, and bowel issues.
- **Protection against infections.** Basil has antibacterial properties. Its oils may help fight bacteria if you have respiratory, urinary, abdominal, or skin infections.
- **Heart disease prevention.** The eugenol in basil can block calcium channels, which may help to lower blood pressure. Its essential oils can help lower your cholesterol and triglycerides. Basil also contains magnesium, which can help improve your blood flow by allowing your muscles and blood vessels to relax.

BE A PART OF THE GARDEN'S LEGACY.

We are incredibly grateful you have joined us on this journey!

