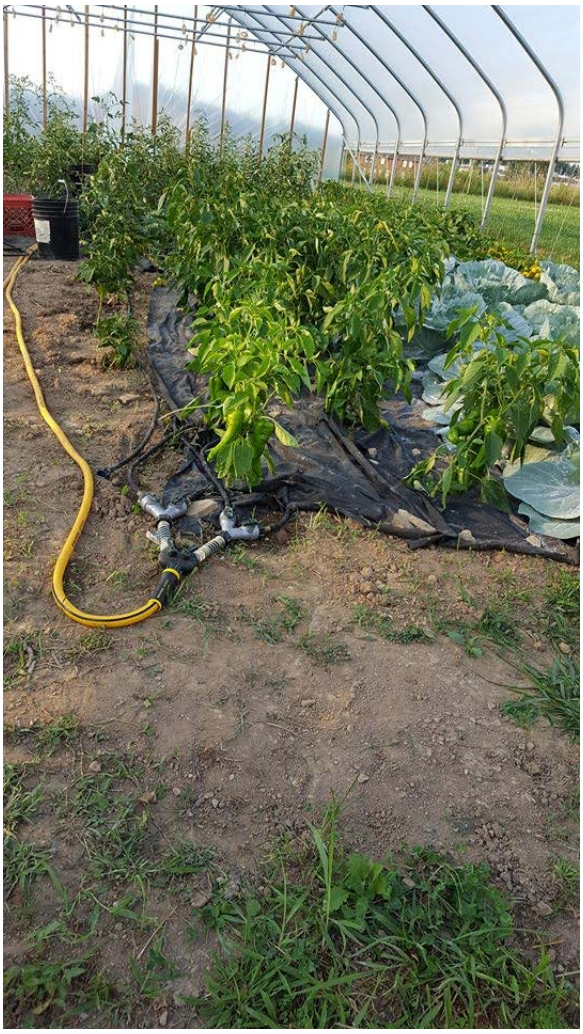
**"From the Ground Up" – Preston County**

The Preston County Senior Citizens, Inc. high tunnel gardening project hopes to master the art of producing fresh vegetables to support the raw food needs of our Senior Nutrition Program.

This project has been supported by the whole community. Main Street Kingwood made the initial grant to purchase the high tunnel. High tunnel construction and resources for plant selection was sponsored and facilitated by University of Maryland Extension Garrett County. Preston County Senior Citizens employees and volunteers from Preston High School Agriculture Education/Animal Processing and construction classes, retired Veterans, the Preston County Drug Court, and the WV Department of Agriculture assisted at various stages of high tunnel construction and garden preparation. Former Delegate Larry Williams supplied conduit for water and electric supply lines. He also solved the mystery of the over abundant water supply. The PHS Animal Processing supplied a generous amount of fertilizer, and Bonnie Plants and the WV Department of Agriculture supplied plants and seed.

Preston County Seniors have tended the garden for two seasons, producing leafy greens, tomatoes, cucumbers, peppers, cabbages and herbs.