

Legacy Village of Tifton Residents Revolutionize Gardening

3 vertical, aeroponic tower gardens use only water and nutrients, not dirt

13 JUNE 2016, TIFTON, GA

SUMMARY

TIFTON, Ga. (June 14, 2016) – Legacy Village of Tifton residents have kicked off the summer tending to their vertical, aeroponic tower gardens by Juice Plus+®.

TIFTON, Ga. (June 14, 2016) – Legacy Village of Tifton residents have kicked off the summer tending to their vertical, aeroponic tower gardens by Juice Plus+®.

Using three tower gardens that use only water and nutrients rather than dirt, residents are experimenting with growing up to 20 different herbs, plants, flowers, vegetables, or fruit. Legacy Village of Tifton residents are currently producing chinese cabbage, calendula, cantaloupe, celery, chives-garlic, kale, lettuce, tomato, cucumber, lavender and much more.

“It’s so hard for our residents to believe that these gardens grow without dirt. They are still in awe that they grow from water and nutrients alone,” Emily Leffew, executive director of Legacy Village of Tifton, said.

“The residents enjoy tending to the tower garden about three to four times a week. They enjoy spending time outside as they watch the plants grow and produce. They are anxiously awaiting to eat them!” Leffew said.

“Many people in this generation grew up tending their gardens every day. The tower garden brings back memories of when our residents used to work in the yard, planting and harvesting flowers, fruits and vegetables,” Leffew said.

“We are thrilled to provide another life enrichment opportunity for our residents at Grace Senior Living. This unique aeroponic garden grows without soil, so the residents find it very intriguing, fun and enjoyable! They are looking forward for the next harvest, so they can enjoy the food it provides,” Bryan Cook, chief operating officer at Legacy Senior Living, Management Company of Legacy Village of Tifton, said.

About Legacy Village of Tifton

Situated in the beautiful countryside of Tift County at 1934 Whiddon Mill Road, Legacy Village of

Tifton is an assisted living community in Tifton, Ga., that offers assisted living and Alzheimer's care services in a safe, attentive, homelike atmosphere. The facility, which is a short drive from Valdosta, Ga., and Adel, Ga., is committed to serving the greatest generation with honor, respect, faith and integrity. More information is available at legacytifton.net or by calling (229) 386-CARE.

Legacy Village of Tifton is one of three Legacy Village facilities in South Georgia. Legacy Village at Park Regency in Moultrie, GA., Legacy Village at Plantation Manor in Thomasville, GA., and Legacy Village of Tifton in Tifton, GA are three of the 11 facilities owned and/or operated by Legacy Senior Living of Cleveland, Tenn. The parent company specializes in offering independent living, assisted living, and Alzheimer's care services. It was founded in 2002 by Barry Ray and Bryan Cook, senior living industry veterans. More information is available at legacysl.net.



QUOTES

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— Emily Leffew, executive director of Legacy Village of Tifton

IMAGES





SPOKESPEOPLE



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ABOUT LEGACY VILLAGE OF TIFTON

Situated in the beautiful countryside of Tift County at 1934 Whiddon Mill Road, Southern Care Assisted Living is an assisted living community in Tifton, Ga., that offers assisted living and Alzheimer's care services in a safe, attentive, homelike atmosphere. The facility, which is a short drive from Valdosta and Adel, Ga., is committed to serving the greatest generation with honor, respect, faith and integrity. More information is available at southerncare.net or by calling (229) 386-CARE.

Southern Care Assisted Living is part of a family of nine senior living communities throughout the Southeast owned and/or operated by Legacy Senior Living, LLC, of Cleveland, Tenn. The parent company specializes in offering independent living, assisted living, and Alzheimer's care services. It was founded in 2002 by Barry Ray and Bryan Cook, senior living industry veterans. More information is available at legacyss.com.



Legacy Village of Tiftonnewsroom

