A Seed to Table Class

Food for Health presents a series of classes for parents and their children ages 8-15. These classes will take families through the steps of planting a garden from seed to preparing a meal from the harvested vegetables. These free classes will be taught by educators, gardeners, and chefs from our community. This series of classes will be held from 4:00pm-5:30 pm on Tuesday starting on May 22.

All classes are free and parent participation is required. To register call 920-746-3592 or email: [FoodforHealth@ministryhealth.org](mailto:FoodforHealth@ministryhealth.org)

**Plan Your Garden Indoors**

**Tuesday May 22**

**4:00 p.m. - 5:30 p.m.**

Why grow our own food? After all, isn’t that what grocery stores are for? We will learn about the good things that fresh grown food can do for our bodies. Then, we will begin planning what we will plant in our garden and learn the basics of starting seeds. How can a big tomato plant grow from a tiny seed? We will plant our indoor microfarm using organic and heirloom seeds.

**Plant Your Garden Outdoors**

**Tuesday June 5 & 19**

**4:00 p.m. - 5:30 p.m.**

In June, it’s time to plant. We will plant in the Food for Health plot at The Community’s Garden. We will learn how often our plants need water and how to keep our plants healthy.

**Grow Your Garden**

**Tuesday July 17 & 31**

**4:00 p.m. - 5:30 p.m.**

In July, we will continue to care for our gardens, making sure they stay healthy and happy. We will learn about the necessary role of bees in growing plants and how to identify bugs as garden pests or garden allies.

**Harvest Your Garden**

**Tuesday August 7 & 21**

**4:00 p.m. - 5:30 p.m.**

In August, we will learn to recognize when our plants are ready to harvest. We can begin tasting what we have taken from seed to table. In late August, we will begin our cooking lessons in the NWTC kitchens.

**Eat Your Garden**

**Tuesday September 4, 18 & October 2**

**4:00 p.m. - 5:30 p.m.**

September is the time to put on our aprons and learn how to cook what we have grown. Chef Steve and friends will help us learn to plan and then prepare sumptuous fresh meals using all of the food from our garden. We will also be learning about saving seeds for future planting and how to preserve foods safely

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