**The Growing Great Food (and Flowers!) Working Group**

**Year 6 ☺ 2020**

**Meets every second Sunday of the month January through November**

**2:30-4:30 pm at the Public Safety Building (except where noted)**

**Conference Room (Police/Fire)**

**Please park in the school parking lot – you’ll be towed otherwise!**

Healthy plants (food and flowers!!) make for a healthy body and a healthy community! *You’ve heard that food is medicine?* Well – it can be if grown well with all of the minerals needed to create a healthy plant. Healthy plants also help to brighten a neighborhood (everyone LOVES to look at flowers!) *and definitely help with climate change* (and THAT’S a story to know about!!). If any of this sounds interesting then come and check it out! We’re looking forward to meeting you ☺



Here’s the schedule that we worked out in January –

Different people will be contributing to the content as the season moves along.

**February 9 - Hannah**

Planting calendars, seed planning and starting, selecting plants for beneficial insect support

**March 8**

Grafting fruit trees – details available at the February meeting

**April 12 – Karen**

Inoculating logs for edible mushrooms

**May 10 – ML’s Farm**

Basics of good planting, hands on

On-Farm Mineral Mixing Day. Must attend the April event if planning on attending

**June 14**

Making and examining Compost tea

**July 12**

Working with biodynamic compost and plant bio-accumulators

**August 9**

Cover crops, weed suppression and other options

**September 13**

How good is our produce? And what are we comparing it to.

**October 11 - Westminster’s Senior Center**

Food storage – concentrating on lacto-fermentation and root cellars.

**November 8 all of us**

Tasting pot-luck, wrap up and seed swap

There’s always room for more interested people so come and bring your energy **☺**

Healthy plants help to create healthy communities and healthy people!

For more information email altobelliml260@comcast.net and put GGFF in the subject line