

# Soil to Table

Saturday, March 22nd, 2:00pm to 6:00pm  
NYS Grange, 100 Grange Place, Cortland

## Registration Form, Cost \$20

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_

### **Soil Session [Choose One]**

- Right Plant, Right Place**, with Barb Neal. Learn about a garden's soil and environment to choose the right plants using evaluation tools such as soil testing, sun/shade analysis, moisture levels and more.
- Healthy Soils, Healthy Harvest**, with Jared Popoli. Learn about soil structure, soil health assessment, composting, and soil building techniques.

### **Planting Session [Choose One]**

- Grow Your Own Organic Produce**, with Keith Thomson. Learn to germinate and maintain healthy seedlings to transplant to your garden.
- Edible Landscaping**, with Sean Dembrosky. Learn about perennial vegetables, shrubs and trees that provide nutrient dense and delicious food and can be fully incorporated into annual gardening practices.
- Season Extension**, with Elaine Norris. Learn how to grow something green to eat year round.

### **Table Session [Choose One]**

- Preserving Your Harvest**, with Chris Applegate & Heather Birdsall. Learn about canning, freezing, root cellaring, and other food preservation methods.
- Culinary Herbs**, with Mary Kirkwyland. Learn how to grow herbs and utilize them in cooking.

### **Farm to Table Dinner with local foods after the program.**

Special Dietary Restrictions: \_\_\_\_\_

Return form with check payable to Seven Valleys Health Coalition by **March 14th**.

10 Kennedy Parkway, Cortland, NY 13045. Phone: 607-756-4198. Fax: 607-344-0048.