



# ORGANIC VEG GROWING FOR THE WHOLE YEAR

Learn how to be self-sufficient in vegetables!

This course consists of lessons that are put into immediate practical experience in a 20' x 20' student garden.  
Share the produce grown!

One lesson per month: 3<sup>rd</sup> Sunday of the month, April through October.

## TOPICS INCLUDE

- Garden planning
- Rotation of crops
- Growing from seed
- Care and building of soil
- Pest prevention
- Composting
- Seed preservation
- Storage and Preserving

## Details

7 lessons – \$140  
Maximum 12 participants  
Students share the crop from their garden  
10 am – 1.30 pm, followed by potluck lunch  
Held at the Carp Ridge Eco Wellness Centre garden



Course instructed by Eleanor Heise, organic vegetable grower for 40 years  
Current manager of cooperative veg growing operation on Tamarak Organic Farm, Bristol, QC  
Past President, Canadian Organic Growers  
Project Manager, COG books: *Making the Transition from Conventional to Organic Farming*  
& *Organic Field Crop Handbook*  
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