

Want to Learn How to Grow Your Own Food?

Join us on May 10, 2011 from 5-6pm!



**Nurture, The Organic Gardener, and Winnetka Presbyterian Church Present:**



***A grow your own food program.***

***A hands on opportunity to help community members in need.***

A program to support prenatal moms (clients of Family Network in Highwood, IL) with home-grown fresh and organic produce.

*Join Nurture, a WPC mission, and The Organic Gardener to help families grow tomatoes and salad gardens in containers. Join this workshop to learn some basic strategies and trouble shooting tips to help you in your own attempts at edible gardening. Come with questions about your own gardening attempts, or come and help community members in need.*



- Participants will learn from an expert how to grow their own food.
- A hands-on, volunteer opportunity for those that would like to help with various tasks including:
  - providing child care during the lecture (1 hour)
  - helping with gardening supplies donated to families in need
  - collecting donations to cover the costs of the supplies given to families in need.
- All members of the public are welcome! An optional donation (suggested at \$10-\$20) is appreciated to help cover the supplies being given to Family Network participants.
- **Email Kathryn Guylay if you would like to help/attend! [KG@nurtureyourfamily.org](mailto:KG@nurtureyourfamily.org)**

**Winnetka Presbyterian Church is located at 1255 Willow Road, on the corner of Willow Road and Hibbard Road. Phone number is 847-446-7777.**

*For more information about Nurture, please visit: [www.nurtureyourfamily.org](http://www.nurtureyourfamily.org)*



The Organic Gardener, Ltd. (TOG) helps families grow organic vegetable gardens, offering a full line of services including design, installation, maintenance, teaching, and harvesting. TOG's specialty is working alongside parents and kids and with gardeners (and would-be gardeners) of all experience levels, and in a wide range of situations. Jeanne Pinsof Nolan, the founder of TOG, has collaborated closely with Nurture as TOG's mission coordinates well with Nurture's program goals specific to Grow Your Own Food.

Thank you to Johnny's Selected Seeds and West End Florist for their support of this event.