



# Food Security Research Network

## “Families Learn Gardening Together”

**Free Spring Garden Workshops To be held at Upsala Public School**

**6:00 – 7:30 with coffee and snacks to follow ~ Gardening-related door prizes**

Date	Presenter	Topics Covered	Materials for Hands-on Portion of Workshop
April 21	<b>Graham Saunders</b> Meteorologist and Author of “Gardening with Short Growing Seasons”	Growing vegetables Weather – frost free days When to plant seeds When plants can be left out at night	<u>Provided:</u> Germination mix Planting trays Seeds
April 28	<b>Joel Symonds</b> Lab Manager/Analyst Lakehead University Centre for Analytical Services	Soil Testing Numbers on fertilizer – potassium, nitrogen, phosphorus Measuring pH and effect on growth Soil amendments – castings, calcium, compost, organic fertilizer	<u>Bring:</u> A couple handfuls of your garden soil in a jar.
May 5	<b>Dr. Connie Nelson</b> Lakehead University, Food Security Research Network  <b>Al Ottoson</b> – Upsala Pumpkin growing tricks	Annuals, biennials, perennials Greenhouse plants –when to plant, growing, fertilizing and hardening off Creating frost protectors using hoops of PVC pipe & earth clips Seed collection	<u>Provided:</u> A perennial to plant Chives or Rhubarb  <u>Bring:</u> 2 – 2 L. milk cartons with a hole in the bottom
May 12	<b>Jodi Belluz</b> Belluz Farms	Root cellaring – storing produce Strawberry production tips Slow Food Movement	To be announced

Special Thanks to our sponsors for these events:

Green Street – Canadian Teachers’ Federation, Youth Leadership Challenge and Lakehead University. Food Security Research Network

**Please register early as we may have to limit seating.**

**The first 30 registration forms received will receive a free garden journal!**

(Detach and return bottom portion to the school).

Please complete below if you would like to attend these free workshops. List the number of adults and children attending. This will help us ensure that we have enough supplies. Please call Shirley at the school if there is a change in the number of people.

Household Name \_\_\_\_\_ Phone Number: \_\_\_\_\_

Date/Presenter	Number of Adults attending	Number of Children attending
Apr 21 – Graham Saunders		
Apr 28 – Joel Symonds		
May 5 – Dr. Connie Nelson/Al Ottoson		
May 12 – Jodi Belluz		