

## **Gardening Workshops:** a hands-on learning experience

### **Soil preparation and garden planning:**

Take part in creating proper fences and supports for the garden. Participate in laying out the garden size and shape. Prepare the soil for planting.

### **Selecting plants and seeds:**

Learn about selection of seeds and seedlings for maximum harvest and success. Decide what you want to plant to give you that desired harvest.

### **Planting:**

Take part in planting of the garden. Learn about companion planting, crop rotation, and succession planning.

### **Weed Control and Composting:**

Learn time saving techniques to reduce the growth of weeds in the garden. Composting is a natural part of gardening with many options.

### **Water Conservation:**

Be proactive and environmentally conscious by learning about how to use water effectively in the garden. Learn the effects of over watering.

### **Succession Planting:**

Plant that second or third crop for a continuous season of a variety your favourite produce all by knowing how much to plant and when.

### **Harvest:**

Reap the rewards of your hard work. Learn the best way to harvest, store, and preserve your produce.

### **Putting the Garden to Bed for the Winter:**

Learn some quick tips and easy methods to ensure your garden is cleaned up and ready for the upcoming season.

## **Cooking Workshops:** a hands-on learning experience

### **Dressing Up Spring Salads:**

Learn the principles of making your own salad and salad dressing. A great way to build your confidence and ensure your families on track to safe, healthy food.

### **Healthy Eating on a Budget:**

Learn to prepare quick and easy recipes that will stretch your grocery dollar. Healthy eating is about making choices. Learn the basics!

### **Batch Cooking:**

Cook once, eat twice (or more!). Put together nutritious meals for your family that can be enjoyed at a later date. Save time and money by batch cooking.

### **Kids in the Kitchen:**

Bring your kids along to learn basic cooking skills together. This fun day in the kitchen will provide you with essential skills to last a lifetime.

### **Reach for Fruits and Vegetables:**

Learn how to add more fruits and vegetables into your meals and snacks. Make healthy eating fun and tasty!

### **Easy, Tasty, Fun Kids' Lunches:**

Take the stress out of making lunches for your children. Bring you kids along and learn together what makes a great school lunch.

### **Preserving Your Harvest:**

Learn the ins and outs of preserving your bountiful harvest—just like Grandma used to do!

For more information about all workshops, contact the London Community Resource Centre:

519-432-1801 or [lcrc@lcrc.on.ca](mailto:lcrc@lcrc.on.ca)



# Grow, Cook, Learn

# Gardening and Cooking Workshops

London Community Resource  
Centre

Tel: 519-432-1801

[www.lcrc.on.ca](http://www.lcrc.on.ca)



Find us on Facebook!

# Grow, Cook, Learn Gardening and Cooking Volunteer Program



A series of **gardening and cooking workshops** will provide community members with an opportunity to **grow, prepare, preserve, and enjoy a local harvest**. Through **hands-on learning** experiences, community volunteers will assist in the creation of a demonstration garden. **You, your friends, family members, or community groups** will assist our project coordinator and workshop facilitators as you learn **how to garden and/or cook**. The skills learned by lending a helping hand can be applied to community garden plots, backyard gardens, and in the family kitchen. This unique community collaboration brings together individuals, organizations, and resources to foster community action and create positive social change. Interested? Give us a call! We look forward to hearing from you.

519-432-1801 or [lcrc@lcrc.on.ca](mailto:lcrc@lcrc.on.ca)



Please consider **becoming a volunteer** for our Grow, Cook, Learn workshops. Workshops include:

## Gardening

- Soil preparation and garden planning
- Selecting plants and seeds
- Planting
- Weed control
- Water conservation
- Re-planting
- Harvesting
- Putting the Garden to Bed for the Winter

## Cooking

- Dressing Up Spring Salads
- Healthy Eating on a Budget
- Batch Cooking
- Kids in the Kitchen
- Reach for Fruits and Vegetables
- Easy, Tasty, Fun Kids' Lunches
- Preserving Your Harvest

If you have interest and/or experience in any of these topics and want to help out, please contact us! There are different levels of commitment and involvement. Whether you have a little or a lot of time available to help out, we look forward to hearing from you.

