

# Grow Your Own Food

## A Practical Introductory Course

Based on interest expressed by some of you, we decided to offer a one-day introductory course on the topic of growing food. The course is designed to be practical and will cover the fundamentals of establishing and maintaining a productive garden. It is timed to allow you to make all the preparations necessary for growing food next season. It is based on our 5 years of experience growing food for our customers, plus a few years of gardening, as well as on what we've learned from books, farming conferences and other farmers.

**When:** Saturday December 7, 9am to 4pm

**Where:** Shundahai Farm, 253 Maple Rd, Mansfield CT 06268

**Cost:** \$60 per person

**RSVP:** Please RSVP and submit payment as soon as possible so that we can plan for the number of people attending (a maximum of 20). Payment can be cash (preferred) or check (made to Raluca Mocanu).

### Course Topics:

- Starting Requirements for Successful Growing
  - Sun exposure
  - Soil Fertility
  - Fencing
  - Gardening Tools
- Preparing the growing area
  - Soil preparation (tillage, double digging, solarizing, etc.)
  - Plant / Seed Selection
  - Planting times
  - Plant spacing and methods (direct seeding vs. transplanting)
  - Crop Rotation
- Ongoing Maintenance
  - Watering
  - Weeds
  - Insects (pests and beneficials)
  - Common Diseases
- The Harvest
  - Frequency
  - Storage information
- Putting garden to rest for the year

### Other information:

- Please arrive between 8:30-8:45 to settle in and get a cup of coffee. We will start promptly at 9 o'clock.
- Please bring your own lunch. We will eat from 12 to 12:45.
- We will be spending time indoors for the presentation (it will be quite warm), as well as outdoors for demonstrations; therefore, come dressed appropriately.
- If you want to attend but cannot due to the scheduled date/time, please let us know.
- Feel free to pass this information along to anyone who you think may be interested.
- Please contact us by telephone (860-429-0695) or email (mail@shundahaifarm.com) with any questions you may have.