

# Grow Team ONE Neighborhood Roots Workshop and Events Calendar!

## **Grow Team ONE Annual Perennial Sale:**

Saturday, May 8 @ H.O. Wheeler School, Burlington

A beautiful assortment of potted perennials will be available for just \$5 each. Previous sales have included perennials such as day lilies, chocolate mint, peonies and much more! Proceeds will be split between Grow Team ONE and Friends of Burlington Gardens to support the development of neighborhood gardens, garden-based education, and outreach. To volunteer, e-mail [growteam@yahoo.com](mailto:growteam@yahoo.com) or call 598-3139.

## **Garden Rise & Shine:**

*Saturdays* starting May 15: 8:45-9:30am at the Archibald Neighborhood Garden,

*Tuesdays* starting May 18: 7:45-8:30am at Riverside Neighborhood Garden

In case of heavy rain, sessions will be held under the covered area in Roosevelt Park.

The sessions will be led by a rotating group of instructors who will lead a combination of breathing exercises, walking/standing meditation, energizing movements, stretches, self-massage, yoga, tai chi, or qi gong.

A beautiful, fun, and healthful way to begin the day and, our good energy just might help the plants grow better too!

Participants should wear loose, comfortable clothing and bring a towel to sit on. No previous experience necessary; please let instructor know about any limiting health conditions at the beginning of class.

Children over 10 accompanied by an adult are welcome.

## **Small Garden Plot Design Workshop:**

Saturday, May 15<sup>th</sup>, 10am @ the Riverside Ave. Apartments Community Room located at 669 Riverside Avenue, across from the garden

Are you wondering what to plant and when? How to make the most out of your new garden plot? Join us to learn the ins and outs gardening in small spaces! Handouts will be provided to take home. Children are welcome!

## **Riverside Neighborhood Garden Kick-off Celebration:**

Sunday, May 23<sup>rd</sup> 4pm @ Riverside Neighborhood Garden

Riverside gardeners come together and celebrate the coming growing season! Please join us to eat a great potluck meal, discuss future plans for the garden, and get to know fellow garden mates.

Be sure to bring some food to share, any instruments, games, or other things you would like to share with us all. Kids are more than welcome come along for some face painting and other fun garden activities!

## **Archibald Neighborhood Garden Kick-off Celebration:**

Sunday, June 6<sup>th</sup> 4pm @ Archibald Neighborhood Garden

Archibald gardeners please join us in celebrating the start of the growing season! Come eat a great potluck meal, discuss future plans for the garden, and get to know fellow garden mates.

Be sure to bring some food to share, any instruments, games, or other things you would like to share with us all. Kids are more than welcome come along for some face painting and other fun garden activities!

## **Composting 101 Workshop:**

Saturday, June 19<sup>th</sup> 10am @ the Riverside Ave. Apartments Community Room located at 669 Riverside Avenue, across from the garden.

Wondering how those bins of food scraps in the gardens make the rich compost that help our veggies grow? This workshop will cover how the composting process works, what is and is not compostable, how to do it at home, and why it is important.

**\*All Grow Team ONE workshops and events are free and open to the public!\***



### **Organic Pest Management Workshop:**

Saturday July 17<sup>th</sup> 10am @ the Riverside Ave. Apartments Community Room located at 669 Riverside Avenue, across from the garden.

This workshop will provide useful information about how to identify the good bugs and how to manage bad bugs that are damaging to our plants.

### **The Old North End Ramble Garden Party:**

Saturday, July 31<sup>th</sup> @ Archibald Neighborhood Garden. Join us for a veggie BBQ, live music, garden tours, and kids activities during the Ramble, a neighborhood-wide celebration of art, music, community, and fun! [www.theramble.org](http://www.theramble.org)

### **Grain Salads with Summer Veggies:**

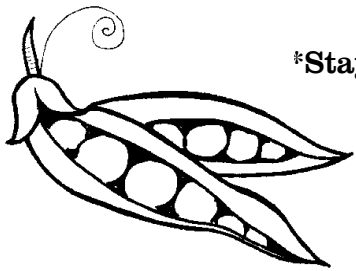
Saturday August 7<sup>th</sup> 10am @ the Riverside Ave. Apartments Community Room located at 669 Riverside Avenue, across from the garden.

Join other GTO gardeners in learning to make some delicious grain salads that use the fresh veggies grown in your garden!

### **Food Preservation by Blanching and Freezing:**

Saturday, August 14<sup>th</sup> 10am @ the Riverside Ave. Apartments Community Room located at 669 Riverside Avenue, across from the garden.

This workshop will be a hands-on opportunity to learn about the process of blanching and freezing summer produce such as kale, broccoli, zucchini, and tomatoes from the garden to enjoy in the cold winter months.



**\*Stay tuned for more fun events planned for the end of the growing season!\***



Check out these sites for more gardening and garden-related workshops and events:

**Burlington Permaculture:** <http://sites.google.com/site/burlingtonpermaculture2/calendar>

**Friends of Burlington Gardens:** <http://www.burlingtongardens.org/calendar.html>

**Perry's Perennial Pages:** <http://perrysperennials.info/events.html>

**Red Wagon Plants:** <http://www.redwagonplants.com/about.php?sid=42>



Grow Team ONE (Old North End) is a grassroots community organization in Burlington, Vt. that cultivates leadership and learning through gardening. The all-volunteer group is a resource for residents who want to learn about growing, harvesting and preserving food; facilitates the creation of sustainable home and neighborhood gardens; and aims to increase access to fresh produce in the Old North End. The [Archibald Neighborhood Garden](#) and [Riverside Neighborhood Garden](#) provide safe, affordable garden space for 33 households and 4 youth groups and Grow Team ONE's [workshops](#) and [events](#) are open to all!

[www.growteamvt.com](http://www.growteamvt.com)