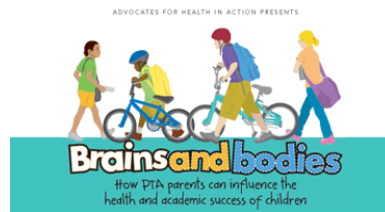




CIS FirstSchool Garden Program Presents... Lessons from the Schoolyard for Adults!

We have designed complimentary workshops especially for adults and proudly kick off our Lessons from the Schoolyard with the Wake Med Health & Hospitals based Advocates for Health in Action presenting...



'How PTA/PTOs and Parents can Influence the Health and Academic Success of Students through School Gardens!'

When: February 18, 2010

Where: Moore County Cooperative Extension Office

707 Pinehurst Avenue in Carthage

9:30- Registration/Meet and Greet with Healthy Snacks

10 am to 12 pm-Workshop with Wake-Med's Advocates for Health in Action

This is a group of diverse organizations and community members shaping the environment so healthful eating and physical activities are the way of life. For this workshop, Wake Med Health and Hospitals has collaborated with Wake County Schools Health Advisory Council, the Inter-Faith Food Shuttle and North Carolina Cooperative Extension. This will include an overview of the CIS FirstSchool Garden Program in Moore County by Program Director, Kathy Byron and introduction to



Sandhills Farm to Table Cooperative.

Seating is Limited **RSVP to Communities In Schools at 910-295-1072**



CIS FirstSchool Garden Program Presents... Lessons from the Schoolyard for Adults!

6 shorter information sessions will be tailored to our adult learners taking place at designated schools with CIS FirstSchool Gardens at the dates and times listed below.

1. **The 'Ground Rules' of Vegetable Gardening**- Moore County Cooperative Extension Garden Coordinator, Bruce Fensley will give a primer on vegetable gardening in the Sandhills that will cover raised beds, soil amendments, what to plant when and much, much more.

*Monday March 1- Academy Heights Elementary: 1:30-2:30 pm

*Tuesday March 2- Southern Pines Elementary: 1:30-2:30 pm

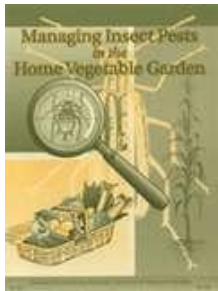
*Wednesday March 3- Vass Lakeview Elementary: 8:30-9:30 am

*Thursday March 4- Pinehurst Elementary: 1:30-2:30 pm

*Friday March 5- Aberdeen Elementary: 1:30-2:30 pm



2. **Garden Management: The A,B,Cs**: Learn what it takes to maintain an organic vegetable



garden maximizing harvest, maintaining garden health while discovering ways to conquer one of the garden's greatest 'nemesis'...Insects: the Good the Bad and the Ugly! Presented by Taylor Williams, Moore County Agricultural Agent. This session will be Co-sponsored with Aberdeen Parks & Rec

Tuesday March 16, 2010 from 1-2:30; Location- Rm 107 at the Aberdeen Recreation Station on US 1 & West Maple Avenue in Aberdeen

3. **The Happy Kitchen/La Cocina Alegre: An Introduction** This nationally recognized cooking and nutrition education program, aiding individuals and institutions in making lasting dietary and behavioral changes will be the topic presented by Melissa Watford, Happy Kitchen Program Facilitator, FirstHealth Community Health Services. Learn more about the opportunity to participate in the program's six week sessions and take part in a food demo!

*Tuesday March 30- Southern Pines Elementary: 1:30-2:30 pm

*Wednesday March 31- Vass Lakeview Elementary: 9-10 am

*Thursday April 1- Aberdeen Elementary: 1:30-2:30 pm

Save the Dates for April: Times and venues to be announced

Week of April 12-16: **Cooking Seasonal Garden Produce**

Week of April 26-30: **Healthy Cooking with Kids**

