

The mission of Grow Your Own is to increase food independence, better health and well-being through shared knowledge and experience. The program offers workshops taught by neighbors that focus on gardening, cooking, and food preservation.



March 28, 2023



March dumplings workshops

Captolia Santamore of Craftsbury and Kris Coville led two full workshops in March in dumpling making. Captolia is a self-taught dumpling maker and participants enjoyed the fruits of their labors with a variety of choices of dipping sauces. Captolia is a Grow Your Own veteran even though she is a teenager - her mother was a member of the steering committee in the early days of the program. Thanks you two!!



Upcoming GYO Events

4/1: Bear fat salve making in Craftsbury

4/22: Mushroom growing in Hardwick (full)

5/20: Lasagne gardening in Hardwick

Sign up at www.nourishhardwick.org



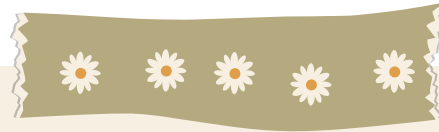
Share with us!

Have a recipe, gardening tip or story to share? Perhaps a picture or two? We'd love to see them.

*Please send to
Bethany@hardwickagriculture.org*



Lasagna gardening goes by many names, including: 'layered gardening' or 'sheet mulching.' Whatever you like to call it - the concept is a fast & easy way to create more plantable growing space. Using organic (& oftentimes free) materials like sticks & twigs, woodchips, cardboard, grass clippings, hay/straw, mulch, compost etc., we are able to create new growing space in a very short amount of time. Not only does this benefit the soil & plant life - it also requires less weeding/watering/general maintenance AND can even be planted in the same day! Come join us on Saturday May 20th to learn this exciting technique and practice building/assembling a lasagna style bed at the community garden. This bed will then be used to grow collective food crops for gardeners who are interested in helping plant, tend, and harvest together throughout the season.



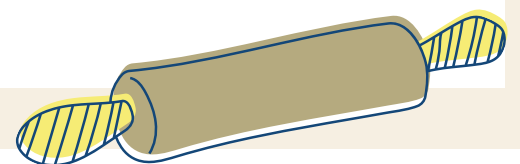
Recipe Corner

Recipe for a lasagna garden:

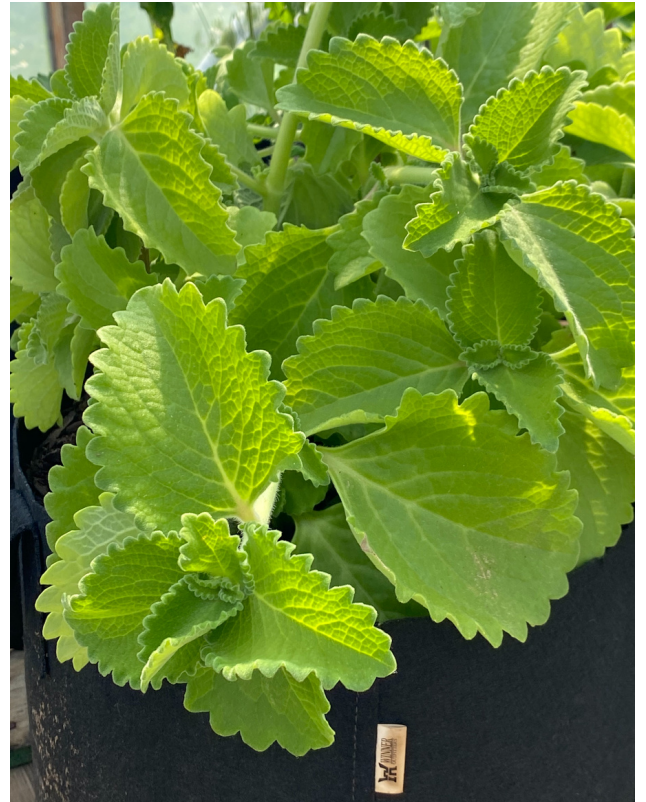
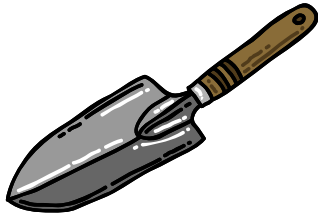
- 100 pieces of old cardboard
- 400 twigs
- Extra Sunshine and water
- 100 Seeds and plant starts
- 1 yard of compost
- Enthusiasm (hard to measure)

Mix all ingredients and see what happens!!

Okay, I know, it's not really a recipe but anyway - if you are intrigued by the concept sign up for the May 20 workshop with Hayley Williams. Hayley (at left) is a familiar face at Atkins Field as she is the Hardwick Farmers Market Manager and manages the collective garden project there.



Interested in learning more about the Hardwick Community Gardens? Did you know there is a community orchard out behind the granite shed with 49 fruit and nut trees? Want to get involved? Last year our first collective garden effort yielded 25 pounds of potatoes for each participant! What crops would you like to grow with neighbors? To learn more, email bethany@hardwickagriculture.org or hayley@hardwickagriculture.org



Have an idea for a GYO workshop? Let us know!

bethany@hardwickagriculture.org



To learn more about the partnering Grow Your Own organizations, please visit the websites of the Hardwick Area Food Pantry

www.nourishhardwick.org/pantry
and www.hardwickagriculture.org

For more information about GYO

www.nourishhardwick.org/grow-your-own



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