


The Post-Journal

BREAKING NEWS**Reed Voices Support For Jan. 6 Commission**

Gardening Lessons Offered

Cornell Cooperative Extension of Chautauqua County's Master Gardener Program is offering a series of gardening lessons called Seed to Supper.



On Wednesday, May 12, the Cornell Cooperative Extension, offered the first session. The series is an interagency collaboration with Cornell Cooperative Extension's Master Gardener, 4-H Youth Development and Supplemental Nutrition Education (SNAP-Ed) programs. Classes are on Wednesdays from 5:30 to 7 p.m., May 19, May 26, June 2 and June 9. Topics include composting, healthy soils, growing vegetables, and other general gardening information. The series is free of charge, and participants may still join.

Participants discussed how to read a seed packet, when to plant and how to select the correct vegetables for a garden. Each session is finished with a healthy recipe demonstration and tasting. “*Spinach Pasta Salad*” was the recipe shared with participants and can be found by visiting www.foodhero.org/recipes/spinach-pasta-salad. Participants saw techniques for assembling the salad and joined in a brief discussion about the ingredients and their health benefits. Participants also learned how to make homemade dressing for the salad, taste the healthy recipe and learn the cost savings involved in making their own snacks.

Wednesday’s class will focus on planning a garden, planting microgreens and another healthy snack. Those interested can call Chautauqua County Cooperative Extension at 664-9502 ext 208 or email chautauqua@cornell.edu. Classes will be held at the Carnahan Center, Jamestown Community College.

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