



Melwood Recreation Center Presents **SEED TO TABLE**

This program, at no cost to participants, aims to teach children and their families seasonal gardening and healthy cooking skills.

9am-1pm: 12/14*, 1/18, 2/22*, 3/15, 4/5*, 5/3, 5/31*

*Community Meals to follow class, 1pm-2pm

Participants will get the opportunity to plant, harvest and cook with fresh produce from our learning garden.

Materials will also be provided to recurring families for them to grow or start their own home kitchens or gardens.

Lunch will be provided at the end of each session, and every other session we encourage participants to invite their friends, extended families or other folks they know in the community to join us for a larger community meal.

To join in the fun, please contact Lulu at
Imoeller@melwood.org

