

Square Foot Gardening Workshop

Date: April 10, 2014

Time: 6:30 – 8:30 p.m.

Where: GVSU Michigan Alternative
Renewable Energy Center, 200 Viridian Dr.
Muskegon, MI 49440

A suggested donation of \$15 collected at
the door. This donation will go towards
supporting *The Power of Produce* program
at the Muskegon Farmers Market.

RSVP by April 4th
renae.hesselink@enichols.com or (231) 799-
2120 Ext 117



Grow more food in less space with much less effort. Learn how to create the perfect soil, build raised beds and use the square foot technique to achieve a bountiful harvest using organic methods.

Instructor: Dr. Richard Peters

The Power of Produce program allows kids to make healthy food choices for themselves. And they are making a choice every week; which means they are practicing a healthy habit. Kids who shop and interact with the growers and farmers are able to fully participate in the market. By interacting with the people who grow fruits and vegetables, kids learn about variety, best practices, and value.

Each time a child visits the market he/she can stop by the Market Manager's booth and receive tokens to spend at the market. The Tokens are only redeemable at the Muskegon Farmers Market and can only be used to purchase unprocessed produce.

When kids participate in the Power of Produce they are empowered to choose fruits and vegetables they want to eat.

Hosted by the Muskegon Area Sustainability Coalition www.muskegonasc.org <https://www.facebook.com/MuskegonASC>

