

Seed, Sow & Grow is an opportunity for gardeners to explore urban gardening with Boston Natural Areas Network staff, special instructors and fellow gardeners.

All **Seed, Sow & Grow** programs are **FREE** and open to the public. Registration is required for all programs and registering early is recommended. Programs are limited to 30 participants. Participants should dress appropriately for weather and program content. Outdoor programs may be cancelled due to rain or severe weather.

Planning the Urban Garden

Tuesday, March 29, 7:00 p.m. – 9:00 p.m.

BNAN Office, 62 Summer Street, Boston

Get professional advice as you plan your garden for 2011. BNAN staff will present the process of garden design, including site analysis, layout, appropriate plant selection and record keeping for both vegetable and ornamental gardens. This program will cover design options that are realistic for small community and residential gardens.

Grow Your Own Seedlings

Saturday, April 23, 9:00 a.m. – 11:00 a.m.

City Natives, 30 Edgewater Drive, Mattapan

Start your warm season vegetables with BNAN. Learn methods of sowing seeds and raising seedlings to produce fruit and vegetable starts for your own garden.

Bountiful Blueberries: Planning, Planting and Care

Saturday, April 30, 9:00 a.m. – 11:00 a.m.

Paul Gore & Beecher Streets Community Garden, Jamaica Plain

No luck with blueberries? Learn the methods to succeed with this delicious and sometimes challenging fruit. Jeremy Dick, BNAN Horticulturist, will discuss soil preparation, planting, fertilizing and seasonal maintenance of blueberry plants.

Vegetable Garden Basics

Saturday, May 14, 10:00 a.m. – 12:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Are you a novice gardener looking for a few pointers with your vegetable garden? Hone your gardening know-how and produce more food in your plot by learning tips about soil building, plant spacing, water conservation and development of a garden schedule.

Container Gardening

Saturday, June 11, 9:00 a.m. – 11:00 a.m.

City Natives, 30 Edgewater Drive, Mattapan

Containers are a creative way for the urban gardener to grow food, herbs and ornamentals. Whether you are struggling to make the most of your limited garden space or simply want to decorate your front steps this program will help you create beautiful and productive container gardens. Karen Chaffee, BNAN Stewardship Manager, will cover the techniques used to design, construct and maintain successful container gardens. **Limited to 20 participants**

The Well-Tended Vegetable Garden

Saturday, June 18, 10:00 a.m. – 12:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Maximize your garden experience and learn intensive growing techniques that can increase the yield and efficiency of your garden plot. Topics will include succession and companion planting, vertical growing, mulching and water conservation.

Are You Garden Fit?

Saturday, July 9, 10:00 a.m. – 11:30 a.m.

Nightingale Community Garden, 512 Park Street, Dorchester

Learn how to keep your body limber, fit and ready to garden. This fun, interactive workshop will introduce you to basic yoga movements, body weight strength training and Zumba dancing designed to synchronize and prepare your body for the physical demands of gardening.

Summer Cooking in the Garden

Wednesday, July 27, 5:30 p.m. – 7:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Learn to prepare quick, healthy and affordable dishes using your own fresh picked herbs and produce. Phoebe Flemming, Registered Dietitian and community gardener, will demonstrate some fun and exciting ways to use your garden crops, reduce sodium and saturated fat in your diet and cook healthy and save money at the same time!



Dorchester Community Gardens Bicycle Tour

Saturday, August 6, 10:00 a.m.

Meet at Fields Corner T Station, Charles Street entrance

Dorchester is home to nearly 20 community gardens, which are some of the oldest gardens in Boston. We will visit a mix of recently renovated gardens and some old favorites. Participants must provide their own bicycle and helmets are required. A guardian must accompany children under 14. Co-sponsored by DotBike and the Dorchester Environmental Health Coalition.

Pucker Up! Pickle Making for Kids & Families

Saturday, August 13, 10:00 a.m. – 12:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Looking for a creative way to use your cucumbers and summer vegetables? Join Bowdoin Street Health Center's Healthy Champions, a group of youth peer educators, as they lead this family-friendly workshop. We will use a vinegar-based dill pickle recipe that can be modified to incorporate a variety of spices and vegetables. Participants will take home a jar of their own pickles. Materials provided. A guardian must accompany children under 14. **Limited to 20 participants**

South End Community Gardens Walking Tour

Wednesday, September 7, 5:30 p.m. – 7:30 p.m.

Tour Begins at the Berkeley Street Community Garden, corner of Tremont and Berkeley Streets, South End

This interpretive walk will visit several community gardens, pocket parks and historic squares in the South End. We will learn about each site's history and varied gardening styles; from vertical growing to season extending to contemplative design. Wear comfortable walking shoes and bring water and a camera.

East Boston Community Gardens Bicycle Tour

Saturday, September 10, 12:00 p.m.

Meet at Umana School, 312 Border Street, East Boston

From Jeffries Point to Eagle Hill, local gardeners will be our guides for this family-friendly tour of the community gardens of East Boston. We'll ride the East Boston Greenway path and see some of the exciting greenspaces that connect the neighborhood. Limited bikes and helmets available to borrow. Contact BNAN to reserve a bike. Co-sponsored by Friends of East Boston Greenway, Environmental Chelsea Creek Crew and East Boston Neighborhood Health Center.

Extend Your Growing Season

Saturday, September 24, 10:00 a.m. – 12:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Don't stop now! Learn what cool season annuals and perennial vegetables you can grow in the fall and even through the winter. We'll also cover ways to make inexpensive season extending devices and how to combat late season frosts.

Canning: How to Preserve Your Harvest

Saturday, October 22, 1:00 p.m. – 3:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Learn the process of canning to enjoy your garden produce year round. Elnora Thompson, Nightingale Community Garden Coordinator, and Vivien Morris, Registered Dietitian and member of Boston Organization of Nutritionists and Dietitians of Color, will demonstrate the steps involved in preparing and canning a variety of fresh fruits and vegetables. Discussion will include the benefits of a diet rich in vegetables and preparation methods that best preserve nutrients in your canned produce. **Limited to 20 participants**

Annual Events

36th Annual Gardeners Gathering

Saturday, March 26, 11:00 a.m. – 5:00 p.m.

**Curry Student Center, Third Floor, Northeastern University
300 Huntington Avenue, Boston**

Boston's premiere gardening event. Discover gardening resources, participate in workshops and network with fellow gardeners.

Spring Plant Sale & Perennial Divide

Saturday, May 21, 10:00 a.m. – 2:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Planting season is here! Stock up at this popular spring event and fill your garden with new vegetable seedlings, native trees, shrubs and perennials. Shop, get a glimpse into a beehive or get gardening advice!

Harvest Festival & Perennial Divide

Saturday, October 1, 10:00 a.m. – 2:00 p.m.

City Natives, 30 Edgewater Drive, Mattapan

Enjoy the fall bounty! Take advantage of a gardener's market of native plants, fresh produce, honey and family arts and crafts. Learn about beekeeping and also get your garden questions answered!



How the Perennial Divides Work:

Participate in the popular plant swaps with other gardeners! Bring pre-divided plants you'd like to share and bring containers to take other plants home.

To register for a program:
Call 617-542-7696
or email:
info@bostonnatural.org



BOSTON NATURAL AREAS NETWORK

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