

# Cornell Cooperative Extension, Schenectady County

# Seed to Supper

## Gardening Classes for Beginners

Seed to Supper is a **FREE** six-session, beginning vegetable gardening program designed for adults who are facing food insecurity. The program is taught by trained Seed to Supper educators and will be offered in two different locations. One series will be held at **Hamilton Elementary School, 1091 Webster St, Schenectady** and the other will be held at the **Sustainable Living Center, 180 PTL. Arthur Chaires Lane, Central Park, Schenectady**. The program provides the tools needed to connect with other people and grow in confidence! Participants will receive a free gardening manual, cooking tools, a cookbook, free vegetable seeds and seedlings to plant in their own gardens and a certificate of completion at the end of the course. To receive the above, participants must attend all six classes.

### Topics include...

- Garden Planning
- Planting Your Garden
- Caring for Your Garden
- Harvesting Your Bounty
- Cooking from Your Garden

### Six Part Series Held on Wednesdays

#### **Sustainable Living Center**

Session 1: March 1, 5:30 - 7:30 PM  
Session 2: March 15, 5:30 - 7:30 PM  
Session 3: March 29, 5:30 - 7:30 PM  
Session 4: April 19, 5:30 - 7:30 PM  
Session 5: May 3, 5:30 - 7:30 PM  
Session 6: May 17, 5:30 - 7:30 PM

#### **Hamilton Elementary School**

Session 1: March 1, 11AM - 1 PM  
Session 2: March 15, 11AM - 1 PM  
Session 3: March 29, 11AM - 1 PM  
Session 4: April 19, 11 AM - 1 PM  
Session 5: May 3, 11AM - 1 PM  
Session 6: May 17, 11AM - 1 PM

**To sign up for the Sustainable Living Center Class Scan the QR Code or click the link.**



[https://reg.cce.cornell.edu/SlivingcenterS2S\\_242](https://reg.cce.cornell.edu/SlivingcenterS2S_242)

**To sign up for the Hamilton Class Scan the QR Code or click the link.**



[https://reg.cce.cornell.edu/hamiltonseedtosupper\\_242](https://reg.cce.cornell.edu/hamiltonseedtosupper_242)

Seed to Supper is a component of the Healthy Living 360 program which is made possible by funding from The Schenectady Foundation.

**Cornell Cooperative Extension**  
Schenectady County



Individuals with special needs requiring accommodations should contact [amj22@cornell.edu](mailto:amj22@cornell.edu), prior to the program.

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