

# Cornell Cooperative Extension to host indoor herb gardening workshop for seniors

**BY LUCA GROSS**

Press-Republican

**CHAMPLAIN** — The Champlain Memorial Library will host an indoor herb garden workshop as part of the Clinton County Cornell Cooperative Extension’s “The Golden Years” program.

The workshop is at 2 p.m. on Oct 9 at the Champlain Memorial Library located at 148 Elm St., Champlain.

“I’m thrilled to host this Indoor Herb Garden event for seniors at the Champlain Memorial Library,” said Christine Levitin-Breyette, Champlain Memorial Library director.

“I was delighted when Kari reached out to me with an offer to bring these wonderful events to our little library in Champlain.”

CCE Clinton County Community Educators, Kari Lamkins and Chelsea Denny will lead local seniors through the special program designed to support older adults through social connection, hands-on learning and creative activities during the long North Country winters.

The program focuses on combating senior isolation and depression by offering engaging and community-centered experiences.

“In my field of work, I have had many seniors express to me their feelings of loneliness and being out of touch with their community. I have seen firsthand the lack of attendance at our senior fitness classes due to seasonal depression,” said Kari Lamkins, Cornell Cooperative Extension youth and family educator.

Participants will learn how to create and care for their very own indoor herb garden, which can be used to harvest fresh cooking herbs all winter long.

Seniors will learn how to trim, rinse and store harvested herbs and different uses for herbs.

Participants will then start their own take-home herb garden from seed.

According to Lamkins, the workshop will also explore “tasty ways,” to use the herbs in the kitchen.

This event is open to seniors, 55-years and

older, interested in learning new skills in a social environment, no materials are required.

“It’s a great way to meet people, possibly discover a new interest, and engage in the community in a very laid back, low pressure atmosphere,” Levitin-Breyette said.

The Indoor Herb Garden Workshop is funded by a grant received after completing the Public Health Essentials course through Cornell University.

“I am thrilled that this grant has provided us with the resources to give them a space to get involved and find their spark again,” Lamkins said.

“We just want to give them the tools to have fun and enjoy life, while also improving their physical and mental well-being.”

Lamkins will return Nov. 20 to demonstrate for seniors how to prepare a Chicken Chowder recipe for two.



**PHOTO PROVIDED** Kari Lamkins, CCE Educator, leads “Exploring Color with Chromatography” for children at the Champlain Memorial Library in July 2025.

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