

Locations, Dates, Times

Seed to Supper



FREE 6-Session Beginner Vegetable Gardening Program

For adults facing food insecurity.

Learn gardening basics, cooking tips, and the health benefits of eating fresh vegetables from trained Seed to Supper educators.

What You'll Get

- Step-by-step gardening manual
- Vegetable seeds and seedlings
- Cooking tools
- Certificate of completion
- and More



Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

Messiah Lutheran Church
2850 Guilderland Avenue
Wednesdays 5:30-7:30 pm

Session 1 - March 11
Session 2 - March 18
Session 3 - March 25
Session 4 - April 1
Session 5 - April 8
Session 6 - May 6

Salvation Army
222 Lafayette Street
Wednesdays 10am-12pm

Session 1 - March 4
Session 2 - March 11
Session 3 - March 18
Session 4 - March 25
Session 5 - April 1
Session 6 - May 6

Sustainable Living Center
180 PTL, Arthur Chaires Lane,
Central Park

Wednesdays 5:30-7:30 pm
Session 1 - March 4
Session 2 - March 11
Session 3 - March 18
Session 4 - March 25
Session 5 - April 1
Session 6 - May 6

Contact

Elise Dussault to sign up
ed472@cornell.edu
(518)-372-1622 ext 274

Individuals with special needs requiring accommodations should contact hlj28@cornell.edu, prior to the program.