

Fill out this form and sign up today!  
Registration deadline September 30.

# Families Growing Together

Gardening for Healthy Living

**Registration**  
[ ] Enclosed is our \$40 registration fee for the Families Growing Together Program



Name \_\_\_\_\_

Number of Children \_\_\_\_\_

Ages of Children \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Send this registration form and your check for \$40 to:  
**Families Growing Together Program**  
Cornell Cooperative Extension  
1 Geneva Road  
Brewster, NY 10509

## Frequently Asked Questions

*Why start a gardening program in the fall?*  
Fall is the best time to get garden beds ready for planting, remove weeds and turn the soil.

*How old do my children have to be?*  
Activities are geared for children 5 and up.

*How many children can be in the program?*  
Each family can sign up with up to three (3) children.

*How long are the monthly classes?*  
Monthly classes last about one hour, maybe one hour and 15 minutes.

*Will there be any classes on Saturdays?*  
All classes will be held in the evenings, from 7 pm until about 8:15. Starting in spring, our Master Gardeners will also be on hand in the Community Garden on Saturday mornings to give you advice and help in your garden plot.

*How much time do I need to spend in my garden to get a good crop?*  
Most people spend about 2 to 3 hours a week tending their gardens for productive harvests. You can come in as often as you like, every few days or once a week.

*Do I have to bring my children to the classes?*  
This is a program for families, so it's best for children to participate. But children don't have to attend every class session.

*Is the registration fee \$40 for the whole family or for each person?*  
The \$40 fee covers the whole family, up to two adults and three children.

*Can grandparents or other family members with children sign up as a family?*  
Absolutely! Any family group that has no more than two adults and three children is welcome.

## How can your family be a part of Families Growing Together?

- Mark your calendar to begin a monthly class schedule on Wednesday, October 13, 2010.
- Be ready to meet every month (except December) throughout the coming year. Classes last about one hour.
- Introduce your children to the idea of gardening by checking out books at the library (a sampling of books, below)
- Get ready to try new foods, new recipes and a new healthy lifestyle
- The program is open to only 20 families. So fill out the registration form and mail it, with your check for \$40, to:  
**Cornell Cooperative Extension**  
1 Geneva Road  
Brewster, NY 10509.
- We'll send you a start-up package for your family with all the details
- You'll start receiving regular emails in early October (or regular mail if you choose) about the program.

### Great Gardening Books:

*Muncha, Muncha, Muncha!* by Candace Fleming  
*Growing Vegetable Soup*, by Lois Ehlert  
*The Vegetables We Eat*, by Gail Gibbons  
*Jack's Garden*, by Henry Cole  
*Roots, Shoots, Buckets and Boots*, by Sharon Lovejoy  
*Gardening with Children*, by Brooklyn Botanic Garden



This program is funded by a grant from United Way of Westchester and Putnam, with additional support from the Putnam County Department of Health, Hannaford Supermarkets of Carmel and the Tilly Foster Farm Museum.

Cornell Cooperative Extension provides equal program and employment opportunities. If you need assistance in order to participate, please contact our office at 845-278-6738.



Learn to grow your own food . . .  
Take home your own harvest . . .  
Learn to create delicious new meals . . .  
Save money!  
Have fun gardening together as a family . . .  
Register your family now!



Cornell University  
Cooperative Extension  
Putnam County

**Cornell Cooperative Extension of Putnam County**  
1 Geneva Road • Brewster, NY 10509  
Phone: 845-278-6738  
[www.cce.cornell.edu/putnam](http://www.cce.cornell.edu/putnam)



# Families Growing Together

## Gardening for Healthy Living

Have you ever wanted to grow your own food? Provide healthier food for your family? Welcome to **Families Growing Together** — a new year-long Gardening for Healthy Living program for 20 (twenty) Putnam families from Cornell Cooperative Extension of Putnam County, in partnership with United Way of Westchester and Putnam.

This program will give you an opportunity to learn to plan a vegetable garden, grow vegetables from seed, combat garden problems organically and harvest your crops at their best. Your children (5 and up) will have fun learning in this program, too. There will be games and activities, hands-on science experiments and kid-friendly recipes your children can prepare for themselves.

### How does the program work?

In this year-long program, each family gets their own 20' x 20' garden plot for a year in the Tilly Foster Farm Community Garden in Brewster, NY. Every month starting in October, 2010, you and your children will learn something new.

The year-long calendar is designed to work with nature, preparing the garden in the fall, learning about plants in winter, and then taking advantage of the beautiful spring sun to start growing your crops. And while we only meet as a group once a month, you can tend your garden as often as you like!

**A full year of learning in the garden and the classroom — plus games and activities for the children**



| DATE & TIME   | LEARNING AND DOING  | LOCATION                           |
|---|---|------------------------------------|
| Wed., Oct. 13, 2010 — 7pm<br>Our 1st Meeting!         | Introductions; Organizing<br>Getting your garden ready for winter and spring (K)    | Tilly Foster Farm Community Garden |
| Wed., Nov. 3, 2010 — 7 pm                             | Learning healthy holiday recipes (N, K*)  | Tilly Foster Farm Classroom        |
| Dec. 2010<br>No meeting                               | Facebook page begins  | No monthly meeting                 |
| Wed., Jan. 12, 2011 — 7 pm                            | Learning about soil, sun, water, seeds & catalogs (K*)                              | Tilly Foster Farm Classroom        |
| Wed., Feb. 9, 2011—7 pm                               | Designing your garden; heart-healthy food (N, K)                                    | Tilly Foster Farm Classroom        |
| Wed., March 9, 2011—7 pm                              | Growing from seed; healthy soils, planting times (K*)                               | Tilly Foster Farm Classroom        |
| Sat., April 16, 2011 — 9 am                           | Starting your garden—planting early crops (N, K)                                    | Tilly Foster Farm Community Garden |
| Sat., May 7, 2011— 9 am<br>Sat., May 14, 2011—8:30 am | Planting lessons; (K)<br>Sat, May 14: Buying trip to the Master Gardener Plant Sale | Tilly Foster Farm Community Garden |
| Sat., June 11, 2011—9am                               | Weed and insect control (N, K*)   | Tilly Foster Farm Community Garden |
| Sat., July 9, 2011—9 am                               | Coping with weather; preparing your best for the 4H Fair (N, K)                     | Tilly Foster Farm Community Garden |
| Sat., August 6, 2011—9 am                             | Harvesting (N, K)   | Tilly Foster Farm Community Garden |
| Sat., Sept. 17, 2011—3 pm                             | Harvest celebration (N, K*)   | Tilly Foster Farm                  |

Key: N = Nutrition activity; K = Kid-friendly activities; K\* = Kid-focused break-out class

### What can you grow in a 20' x 20' garden?

2000 string beans  
250 beets  
10,000 peas  
50 bowls of salad  
50 bunches of broccoli  
300 potatoes  
2500 radishes  
80 turnips  
50 eggplants  
100 heads of cabbage  
250 zucchinis  
200 onions  
250 cucumbers  
300 carrots  
100 basil plants  
100 bunches of garlic  
60 sweet melons  
100 winter squash  
40 ears of sweet corn  
20 lbs of popcorn  
80 servings of spinach  
200 Brussels sprouts  
300 tomatoes  
200 green or red peppers  
20 heads of cauliflower  
100 leeks  
30 Swiss chard plants

**You have so many choices! That's why we start planning and preparing in October, so you can learn about what you want to grow and how to grow it.**

### What do you get when your family joins Families Growing Together?

The program is open to 20 Putnam County families. Sign your family up now and be a part of a great new adventure. Each family receives:

- A family garden plot for the year at the Tilly Foster Farm Community Garden in Brewster, NY
- Monthly classes
- Lessons in organic gardening
- Kid-friendly science learning
- Set of garden tools for the kids
- Garden journals for adults
- Fun activity books for the kids
- Nutrition lessons and cooking demonstrations
- Lessons in starting from seed, transplanting, weeding and organic pest controls
- Harvesting tips
- Regular advice from Master Gardener volunteers
- Complete gardening how-to calendar.



### Why should you grow your own vegetables?

- Children eat more vegetables when they grow their own
- Once children get used to eating fresh vegetables, they'll make other healthy food choices
- The time you spend tending your garden is healthy exercise
- Families who garden together have fun!
- You'll join a nationwide trend that will help your family be healthier.

