

Fill out this form and sign up today!
Registration deadline October 13.

Families Growing Together



Take a Step Up 2 Health!

Eligibility Checklist:

- We are Putnam residents
- Our family has 1 to 3 children
- We're interested in growing our own food
- We want to improve our health
- We don't mind getting dirty in the garden because we know we'll be growing fresh, healthy food!

Registration:

- Enclosed is our \$40 registration fee for Families Growing Together

Name _____

Child's Name, Age _____

Child's Name, Age _____

Child's Name, Age _____

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?
Children ages 5 and up will do better.

How many children can be in the program?
Each family can register 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 fall and winter classes will be held on Thursday evenings, from 6:30 pm until about 7:45 pm. Starting in April, classes will be held in the Community Garden on Saturday mornings.

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 your family can be a part of Families Growing Together:

- Mark your calendar to begin monthly classes on Thursday, October 20, 2011
- 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 now 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
- We'll start regular email communicating right after the first meeting.

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



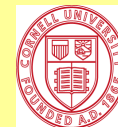
This program is funded by a grant from United Way of Westchester and Putnam, with additional support from the Putnam County Department of Health, the Putnam County Parks Department and Tilly Foster Farm.

Cornell Cooperative Extension provides equal program and employment opportunities. If you have special needs, please contact our office at 845-278-6738 by October 1.



Families Growing Together

- Learn to grow your own food
- Take home your own harvest
- Learn to create delicious and healthy new meals
- 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



A United Way "Step Up 2 Health!" Program

Families Growing Together

Take a Step Up 2 Health!

Do you want to provide healthier food for your family? Fight the childhood obesity epidemic? Then take a **“Step Up 2 Health”** with **Families Growing Together**, a year-long gardening program for 20 Putnam families with children.

This program will give you an opportunity to learn to plan a vegetable garden, grow vegetables from seed, nurture your plants — **and your family** — and harvest your crops at their best. Your children will have fun learning, too. There will be games and activities, hands-on science experiments and kid-friendly recipes your children can prepare for themselves.

How the program works:

Each family gets its own 20' x 20' garden plot for a year in the *Tilly Foster Farm Community Garden* in Brewster, NY. Every month, starting in October, you and your children will learn something new about growing food and eating healthier.

The program is designed to work with nature's calendar: 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!

When you need extra help: Master Gardeners are at the Tilly Foster Farm Community Garden on Wednesday evenings from 6-8 pm and on Saturday mornings from 9-11 am, starting in late May. You can contact your mentor when you have a question, or you can call the Horticulture Hotline weekdays from 9 am-12 noon.

DATE & TIME	LEARNING AND DOING	LOCATION
Thurs., Oct. 20, 2011 6:30—8:00 pm	Introductions Organizing: What's the program about? Thinking about your garden	Putnam County Office for the Aging Don Smith Office Park 110 Old Route 6, Carmel
Sat., Oct. 22 10 am—1 pm	First day in your garden Preparing the soil	Tilly Foster Farm Community Garden, Brewster
Thurs., Nov. 10 6:30—7:30 pm	Learn about healthy foods and healthy holiday recipes	Putnam County Office for the Aging Don Smith Office Park
December	No meeting	
Thurs., Jan. 19, 2012 6:30—7:30 pm	What do plants need? Learn about soil, sun, water, seeds & catalogs	Putnam County Office for the Aging Don Smith Office Park
Thurs., Feb. 16 6:30—7:30 pm	What does your family like to eat? How to design your garden for a heart-healthy harvest	Putnam County Office for the Aging Don Smith Office Park
Thurs., March 15 6:30—7:30 pm	Growing from seed: How to choose, when to plant, how to do it, when to transplant out	Putnam County Office for the Aging Don Smith Office Park
Sat., Apr. 14 (Raindate: Apr. 21) 9:30—11:30 am	Starting your garden: Getting the bed ready, planting early crops, mulching	Tilly Foster Farm Community Garden
Sat., May 5 9:30—11:30 am	More planting lessons: Staking, marking rows	Tilly Foster Farm Community Garden
Sat., May 19 8:30 am—12:30 pm	Master Gardener Plant Sale	Cornell Cooperative Extension, Brewster
Sat., June 16 9:30—11:30 am	Organic weed and insect control	Tilly Foster Farm Community Garden
Sat., July 14 9—11 am	Coping with weather problems; preparing your best crops for the Putnam County 4-H Fair	Tilly Foster Farm Community Garden
Sat., August 11 9—11 am	Harvesting hints	Tilly Foster Farm Community Garden
Sat., Sept. 22 11 am—3 pm	Harvest celebration	Tilly Foster Farm

A full year of learning in the garden and the classroom, plus games and activities for the children, all designed to help your family be healthier.

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

2000 string beans
250 beets
10,000 peas
30 bowls of salad
30 bunches of broccoli
300 potatoes
2500 radishes
20 turnips
30 eggplants
20 heads of cabbage
200 zucchini
200 onions
200 cucumbers
300 carrots
100 basil plants
100 bunches of garlic
40 sweet melons
80 winter squash
40 ears of sweet corn
40 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 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
- Organic gardening information
- Kid-friendly science learning
- 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 expert Master Gardener volunteers.

The rewards of growing your own vegetables as a family:



- 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.