Be Healthy, Grow Your Own: Vegetable Gardening in Florida

In accordance with the Americans with Disabilities Act and Section 286.26, F.S., persons needing accommodations or an interpreter to participate in the proceeding should notify the University of Florida Brevard County Extension Service no later than 48 hours prior to the meeting at 321-633-1702 or fax 321-633-1890.

Learn how to grow your own vegetables and eat healthier in this 12-week, hands-on workshop!

Register online at: http://brevard.ifas.ufl.edu

Equal Opportunity/Affirmative Action Institution

The workshop instructors have more than 50 years combined experience in gardening and nutritional education.

Sally Scalera
Environmental Horticulture Agent
University of Florida IFAS
Brevard County Extension

Linda Seals
Commercial Horticulture Agent
University of Florida IFAS
Brevard County Extension

James Fletcher
County Extension Director
University of Florida IFAS
Brevard County Extension

Elizabeth Shepherd
Family and Consumer Sciences Agent
University of Florida IFAS
Brevard County Extension

Brevard County UF/IFAS Extension
Cocoa Extension Office
3695 Lake Drive
Cocoa, FL 32926
(321) 633-1702
fax (321) 633-1890

For more information call Linda Seals or Sally Scalera at 321-633-1702 or email sasc@ufl.edu
Be Healthy, Grow Your Own: Vegetable Gardening in Florida

Growing vegetables in Florida can be tricky, but with a little know-how and experience, you could be well on your way to healthier eating by growing your own backyard vegetables. In this 12-week workshop, you will be assigned a 25ft. x 20ft. plot of land where you will learn how to grow your own vegetables. All of the vegetables you grow will be yours to keep! Each class will start off in the classroom where you will learn the basics of soils, plant growth, plant selection, organic vegetable gardening, pest management, fertilization, and much, much more. The classroom session is followed with hands-on activities in the garden where you will practice the methods and techniques learned in the classroom.

When: Classes will be held on Saturdays at 9:00 a.m. - 2:00 p.m.
Where: The Brevard County UF/IFAS Extension - Cocoa Office.
Cost: $135.00 per student (for 2 or more working the same plot, add $50)
Includes learning materials, seeds, plants, and more.

Class Agenda

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/23</td>
<td>Introduction, What Plants Need to Grow</td>
<td>Linda Seals, Sally Scalera</td>
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<tr>
<td>10/30</td>
<td>Selecting Vegetable Plants and Varieties</td>
<td>Linda Seals</td>
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<tr>
<td>11/6</td>
<td>Soils, Soil Testing, Composting</td>
<td>Sally Scalera</td>
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<td>11/13</td>
<td>Fertilizers and Plant Nutrients</td>
<td>James Fletcher</td>
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<tr>
<td>11/20</td>
<td>Irrigation: Design, Installation, Maintenance</td>
<td>James Fletcher</td>
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<td>12/4</td>
<td>Garden Maintenance &amp; Equipment</td>
<td>Sally Scalera</td>
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<tr>
<td>12/11</td>
<td>Pest Management I</td>
<td>Linda Seals</td>
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<tr>
<td>12/18</td>
<td>Pest Management II</td>
<td>Linda Seals</td>
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<td>1/8</td>
<td>Sustainable Organic Techniques</td>
<td>Sally Scalera</td>
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<tr>
<td>1/15</td>
<td>Harvesting, Cooking with Fresh Vegetables</td>
<td>Elizabeth Shepherd, Linda Seals</td>
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<tr>
<td>1/22</td>
<td>Preserving Fresh Vegetables</td>
<td>Elizabeth Shepherd</td>
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<tr>
<td>1/29</td>
<td>Final Class Day</td>
<td>Everyone</td>
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</tbody>
</table>

Register now! Seating is limited!

Registration

Registration Deadline: September 27, 2010

Register online at http://brevard.ifas.ufl.edu, or mail the registration form with fees to the address below.

Fees must be paid in advance with cash or check mailed to:

Vegetable Garden Class
Brevard County Extension
1455 Treeland Blvd.
Palm Bay, FL 32909

Make checks payable to: Brevard County Extension

Name: _______________________
Address: _______________________
Phone: (____) ____ - ___________
Email: _______________________

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<thead>
<tr>
<th></th>
<th>Cost</th>
<th>Total</th>
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<tbody>
<tr>
<td>Individual</td>
<td>$135.00</td>
<td></td>
</tr>
<tr>
<td>Additional students per plot</td>
<td>$50.00 x # of students</td>
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</table>

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