

Wedel's Plant for Your Health Event

Saturday, April 27, 9:00-2:00

Grow & Eat Healthy - It's Easier Than You Think!

Learn with the Pros! Free Mini-Classes; unless noted, each is 15-20 minutes

9:15 **Growing Blueberries & Making this Fast and Fancy Dessert** – plus taste a blueberry parfait! *Rosemary Kuivenhoven, Certified Green Industry Pro*

9:35 **How to Grow Strawberries & Make this Fast and Fancy Dessert** – plus taste chocolate dipped strawberries! *Rosemary Kuivenhoven, Certified Green Industry Pro*

10:00 **Bushel and Berries, Learn how Easy it is to Grow Dwarf Berry Bushes in Pots or in the Garden.** These vitamin packed berries are fun for the whole family to pick and enjoy. *Carol Bale, Garden Writer and Speaker*

10:25 **The recipes you'll need when your zucchini over-produces.** *Theresa Montmorency, registered dietician*

10:45 **Growing Herbs & Making this Easy, Tasty Herb Veggie Dip** – taste some too! *Nichole Deuser, Wedel's Herb Expert*

11:05 **Bushel and Berries, Learn how Easy it is to Grow Dwarf Berry Bushes in Pots or in the Garden.** These vitamin packed berries are fun for the whole family to pick and enjoy. *Carol Bale, Garden Writer and Speaker*

11:30 **Grow Your Own Salsa – Fresh is best!** *Theresa Montmorency, registered dietician*

11:55 **Growing Blueberries & Making this Fast and Fancy Dessert** – plus taste a blueberry parfait! *Rosemary Kuivenhoven, Certified Green Industry Pro*

12:15 **How to Grow Strawberries & Make this Fast and Fancy Dessert** – plus taste chocolate dipped strawberries! *Rosemary Kuivenhoven, Certified Green Industry Pro*

12:35 **Can I Really Grow Fruits & Veggies Organically? Here's How!** *Gary Miller, Certified Green Industry Pro*

1:00 **Growing Herbs & Making this Easy, Tasty Herb Veggie Dip** – taste some too! *Nichole Deuser, Wedel's Herb Expert*

1:15-2:00 **Why is that Tomato not Red?** A look at many of the tomato varieties available, including heirlooms and even the red ones! *Gary Miller, Certified Green Industry Pro*

***Free Food Samples**
***12 Free mini-classes**
***Aloe Craft Class**
***Door prizes**



DIY Class
11:00-11:45 & 1:15-2:00

Paint a Pineapple Pot & Plant an Aloe in It!

\$16 includes pot, plant, painting & planting supplies and instruction. *Rachel Blodgett, Wedel's DIY Expert*



FREE Kids Project: Kids get to take home 2 strawberry plants they plant in a pot!
Back to Health Chiropractic will be giving free spinal screenings!



Wedel's
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Come Grow With Us!
Nursery, Florist and Garden Center

Sign up to win this Schwinn bike, herb plants and other healthy door prizes!

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