



HAND-GROWN GREENS PRESENTS

LEARN TO GROW MICROGREENS AT HOME

A simple step toward a more sustainable lifestyle.
Enjoy, healthy, fresh greens all year long!

SEPT 28, 2019
3:30 PM - 5 PM
WORKSHOP HELD AT
JUBILEE FARM

Microgreens are extremely nutritious, delicious and fun to eat. They are also simple to grow at home. Sign up today and learn how!



GROW YOUR OWN FOOD!

- **DO YOU VALUE NUTRITIOUS, LOCAL FOOD AND DESIRE A DEEPER CONNECTION WITH WHAT YOU EAT? THEN THIS WORKSHOP IS FOR YOU!**
- **SIMPLE**
- **ACTIONABLE**
- **FUN**
- **FAMILY FRIENDLY**



Laura Patterson, Microgreens Grower and owner of Hand-Grown Greens, is excited to share all the ins and outs of successfully growing Microgreens at home.



Visit www.handgrowngreens.com

 @handgrowngreens

Email: info@handgrowngreens.com to register

Workshop is \$20 per person with additional \$15 grow kit fee.