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Home > Garden Project of the Food Bank of Western NY

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The Garden Project of the Food Bank of Western New York is off to a beautiful start. We have almost 30 gardeners and volunteers participating actively in our garden, harvesting lettuce and kale and looking forward to future harvests. We have already had one nutrition demonstration using lettuce from one of the beds and we look forward to many more demos.

We have planted the seeds provided by the Sow It Forward grant and have two seed-specific activities planned. The first will be a seed saving workshop on July 13th where we will discuss the theory and practice of seed saving to our gardeners and the greater community. This workshop will be led by a Master Gardener from Cornell Cooperative Extension who is a volunteer at our garden. We will follow up that workshop with a seed and plant cutting exchange in September where we?ll bring together our gardeners and outside community members to share not only seeds but also agricultural knowledge.

We are excited to have the seeds, as well as our gift card and grant money, through Sow It Forward. We will be using the funds to hold canning workshops, purchase trellises for our bush beans and pots for our herbs, and to bring in a local garden guru who will introduce our newer and seasoned gardeners alike to some new gardening techniques.

Image (optional):

