



Urban Gardening 101

Thursdays | 7 to 9 p.m.

\$50 for the four-part series or \$15 per class

Become plant-strong in 2017 by planting your own garden. Surprisingly, you don't need a huge garden to reap the benefits. Join us for an in-depth series directed by Charmed Kitchen's Judi Strauss, who started her career working in the horticulture department of the OSU Extension Service. You will learn what you need to know before you start and be ready to plant a garden this spring (yes, spring will come!). Handouts will be provided at each class.

Jan. 19 | Seed Starting

There are advantages to starting your own seedlings. You can save money, especially if you normally buy a lot of plants. The real benefit, though, may be growing unusual varieties not found at the local greenhouse. Exotic and heirloom varieties, when available, go for premium prices. In class you'll learn the basics of starting seeds indoors, using grow lights, hardening off and much more.

Jan. 26 | Gardening for a Small Planet

Both urban and suburban residents know the space restraints of their yards. Gardens, while desirable, seem impossible when room is limited. You can do all sorts of creative things to get big harvests even from tiny spaces. From vertical gardening to inter-cropping we'll discuss ways to get the most out your small garden.

Feb. 2 | Herb Gardening

Have you ever thought about growing your own herbs? Fresh herbs are easy to grow and most require little maintenance. In class you'll learn how to plant and maintain an herb garden and we will discuss many specific herbs and their uses. Harvest and storage will also be discussed.

Feb. 9 | Composting

Leaves, grass clippings and some kitchen waste can be converted into "black gold" through composting. In class we'll cover the basics of starting and maintaining a compost pile, the role carbon and nitrogen play and composting no-nos. Composting saves money, improves your garden soil and helps the environment, too.

The classes will be held at Fairview Hospital Wellness Center, 3035 Wooster Rd., Rocky River.

Advance registration is required.

Register online at fairviewhospital.org/wellnesscenter or call 440.356.0670, option 5 to register by phone.