



# Gardening Club

SPRING 2023

There are warm, sunny days ahead – **Let's Get Gardening!**

## Starting Seeds Indoors with Guelph Seed Library

Some vegetables need a head start indoors to provide a good harvest in the Canadian growing season. Join us online, using Zoom, for the first three Gardening Club sessions to get hands-on experience starting vegetables, greens and herbs indoors from seed. All materials are provided.



Guelph Seed Library is a sharing hub of seeds where community members “borrow” seeds. This means they take a package/or a number of seeds, grow them and try to save a similar quantity or more to give back to the seed library for the next year. These workshops are part of their Growing Home project, funded by Lush Cosmetics.

## Outside in the Garden with Heidi

The remainder of our Gardening Club sessions will be spent outside at **Guelph Enabling Garden** where we will plant our seedlings and learn about gardening basics with **Heidi Torreiter**, a Horticultural Therapist at the garden.



The Guelph Enabling Garden (GEG), located in Riverside Park, is a multi-use garden designed for everyone! It is specifically designed to enable people to enjoy the full range of benefits that gardening can provide.

► **Join us TUESDAYS from 1:00 pm – 2:00 pm**

April 18 – June 20

Click to register: <https://is-gw.ca/series/gardening-club/>

For more information  
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