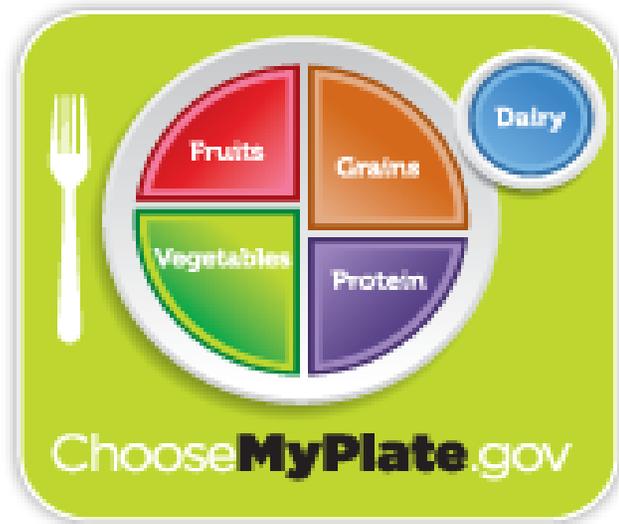


# Healthy Harvest



## Nutrition in a Garden for Adult Audiences

August 1<sup>st</sup> – September 26<sup>th</sup>

3:15 p.m. – 4:45 p.m.

Baraga County Memorial Hospital

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Accommodations for persons with disabilities may be requested by calling MSU Extension at (906) 475-5731 by July 26<sup>th</sup> to ensure sufficient time to make arrangements. Requests received after this date will be met when possible.

**MICHIGAN STATE**  
UNIVERSITY | **Extension**

# Healthy Harvest nutrition series

BCMh Conference Room

Thursdays 3:15 – 4:45 p.m.

**Session 1** August 1<sup>st</sup>

Introduction and My Pyramid in the Garden

**Session 2** August 8<sup>th</sup>

Goal setting and garden planning

**Session 3** August 15<sup>th</sup>

Nutrients and fight-o-chemicals in fruits and veggies

**Session 4** August 29<sup>th</sup>

Vegetables – growing and preparing

**Session 5** September 5<sup>th</sup>

Fruits – growing and preparing

**Session 6** September 12<sup>th</sup>

Sodium and using herbs/ wrap-up

**No session September 19<sup>th</sup>**

**September 26<sup>th</sup>** – Additional optional session or make up session

Optional extra session:

Freezing vegetables to  
preserve

