



Get Growing With Microgreens

Tuesday October 18th, 2016

Microgreens, although tiny, pack a nutritious punch. Whether you plan to grow these for your own personal consumption or for marketing, growing this superfood is simple and easy with practice. Christina Newhouse joins us again to talk about how to grow microgreens both small and large scale. Participants will be able to start their own microgreens to take home with them.

Deadline to Register: October 4th, 2016

Please mail registration forms and payment to:

PO Box 389, Newton, NC 28658

Make checks payable to **Catawba County**

Agricultural Resourc Center

1175 S. Brady Ave

Newton, NC 28658

9:00am-12:00pm

Cost: \$15

Registration must be received to
reserve seat for workshop

For more information, please contact
Der Xiong at der_xiong@ncsu.edu or

828-465-8248

THE *Specialty Crop*

Series

Get Growing with Microgreen Workshop

Name:

Phone:

Email:

County:

Dietary Restrictions:

North Carolina State University and North Carolina A&T State University commit themselves to positive actions to secure equal opportunity regardless of race, color, religion, creed, national origin, sex, age, disability, or veteran's status. In addition, the two universities welcome all person without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Dr. George Place, County Extension Director, at 828-465-8240 or gtplace@ncsu.edu or 828-465-8428, or in person at the Cooperative Extension office at least 14 days prior to the event.