

From: [Zohar Lavy](#)
To: zohar.lavy1@gmail.com
Subject: [EXTERNAL] From Zo - Microgreen Summary and Upcoming events
Date: Tuesday, January 23, 2024 12:48:54 AM
Attachments: [Microgreens Resources.pdf](#)

Hi gang!

Another wonderful Thank Earth event yesterday with amazing people and good vibes! Such a sweet and beautiful yoga session led by Melissa to start with was just what the doctor ordered for the middle of winter – I wanted it to keep going! Then the amazing microgreen workshop we had with Dave Grieco – man..just being in the room made my thumb feel greener!

As I have done after our previous events, I will provide a short summary of the microgreen workshop below and share some information which was discussed. A link to the Thank Earth website is provided below (still under construction – though may be useful for checking on dates and using the chat room feature to communicate with each other). Again, please let me know if you have any friends or family who are interested in joining the group (please just send me their email address and I will add them to the email list).

Below:

- Summary of Microgreens Workshop
- Upcoming Events
- Future Events on the radar (anyone know someone with a maple tree on their property who may want to partake in syrup?)
- Thank Earth Website

Summary of Microgreens Workshop:

Give someone a container of microgreens and they will be blasted with super nutrients for a couple days, teach someone how to grow their own microgreens and they will be showering in this nutrient rich super food for a lifetime! What a marvelous, multi-faceted lesson we got. A big thanks to Dave Grieco who really taught us how to grow microgreens in an efficient, clean, and practical way. He also provided us with the materials that we would need to go home and start our own growing stations. Thanks also to April for hooking us all up with jars of broccoli seeds! So cool of you to bring those over for folks!

For those who are already starting the process or plan on starting, please see the enclosed file that Dave provided with step-by-step directions – super informative! For those who took trays home yesterday, we think that they are a bit on the light side for water and can use an additional cup of water sprayed on top of the seeds.

For those who are interested in purchasing some of the growing materials (trays, lights, seeds, coco husk) or even having Dave (or I) come to your house to set up a grow station, please reach out.

Upcoming Events:

- 2/4/24 – Yoga and Drum Circle:

- o 1200am - 1250am - Yoga with Melissa at the YMD Studio on Reimer
- o 1pm to 3pm - Drum circle! After yoga on 2/4 we will be jamming out with djimbés, conga, shakers, buckets, wood, horns, flutes, clapping of hands, guitar, and any other sound making objects that people want to use. No experience is necessary. If you can make some sound by even clapping or stomping, you are in! You can find out more info and sign up [Here](#) [\[signupgenius.com\]](https://signupgenius.com)

- 2/6/24 – Jazz Night:

Jazz Night in downtown Somerville (6:30-9:30 pm). Thank Earth, Fresh Restorations, and Connies Music Shop will be sponsoring a fundraiser for the SHS Music program. Somerville High School Jazz Band musicians will be groovin/funkin/jazzin it up at Fresh Restorations on Meadow St. There will also be a raffle for something from Connies Music Shop. This will be a \$20 ticket and all proceeds (after rental costs) will go to the SHS Music Program. It will be a BYOB event with some light refreshments and snacks (Charcuterie).

You can find out more info and buy tickets at this link - [Jazz Night \[eventbrite.com\]](#) - flier is also enclosed.

- 2/25/24 – Tai Chi Yang Style:

Is it a martial art? a meditation? a healing movement? a dance? a martial Yoga (as dichotomous as that sounds)? A physical expression of a philosophical movement? Maybe a mix of all that? What we do know is that there are real physical, mental, and spiritual benefits to this practice; and is recommended to be done by anyone within the ages of 1 – 129. Empires within China came and went though Tai Chi persisted, branched out to many modifications, and more recently gained popularity in the west for its health benefits. Budd Rich from Inner Balance Acupuncture (downtown Somerville) has been studying and practicing Yang Tai Chi for approximately 30 years. He will be leading us through an intro to Tai Chi and a Yang style Tai Chi session that will be unforgettable!

For more info and to sign up, please click [Here \[signupgenius.com\]](#)

Future Events on the Radar:

- Copper Pipe Sweating group art project – 3/3/24 – folks will learn how to sweat pipe while participating in the creation of a group art piece. Invite and more info to follow.
 - Lawn Mower Repair workshop (with local expert lawn mower repair man “Rolley” who has lawnmower parts in his blood) – Some time in mid March. Bring your mowers and tools.
 - Soap Making Session – Late March
 - Garden Group walk – early April
 - Laying Chicken raising series (start in mid April with little chicks)
 - Honey making/Bee Keeping 101 with Neil Schaffer – this would be sometime mid spring – I would need to provide him with an RSVP a couple weeks in advance
 - Clay recovery as 1st workshop in the “Ground to Table” series – some time in early May
- **If you have a skill which you would like to share with the group, please let me know and we can plan a date.**

Thank Earth Website: Thank Earth Site - [ThankEarth.org](#)

So guys, this is a work in progress and is definitely still in construction however there are some decent things there so far:

- Workshop summaries
- Event dates
- Chat room (old school) where we can all discuss and communicate - [Chat Room](#) - You will need to create an account/sign on to the site in order to participate in the chat.
- I'll be putting in an order for sweatshirts pretty soon. Let me know if you want one.
- More on the way – just need to get some things in order

Thank you and Thank Earth!

-Zo