



Join us for Fresh & Tasty Fun @ The Gardens at TSC!



What: A Seed-to-Stomach Garden and Cooking Program for Kids Age 7-12

Where: TSC at Potash Hill, Presented by Fresh Start Food Gardens

All sessions include hands-on garden lessons along with games and activities that inspire curiosity about how real food is grown, and how much fun it is to prepare healthy foods we're excited to eat. Kids will reap what they sow and learn basic meal prep techniques that bring outrageously delicious fresh food from the garden straight to the table. After harvesting, cucumbers become pickles, strawberries become smoothies, zucchinis become tacos, spinach becomes a fun kabob snack kids love to make and eat.

Session 1: Fridays 3:45-5:15pm, **Dates – 5/5, 5/12, 6/2, 6/9, 6/16**

Cost: \$179 includes all materials, foods prepared and seeds and recipes to take home (\$45 for individual sessions)

Session 2: Monday-Friday 9am-Noon, **June 26- 30**

Cost: \$389 includes all materials, foods prepared and seeds and recipes to take home (\$75 for individual sessions)

**ADD A HALF-DAY TSC MULTISPORTS PROGRAM
AND SAVE \$120/WK. 5 FULL DAYS FOR \$450.**

Register at <https://forms.gle/AChcbYYGowWK6tG2A> or call 617.803.3921