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# Organic Growers School



*Providing Organic Education Since 1993*

## It's Time to Plan Your Garden!

### Ask Ruth: Planning Your Small Garden & Local Eating



Dear Ruth,

We are planning a small garden for this year. Will you give us some guidance about what to grow and what not to grow? And what about the stuff we can't grow?

Jennifer L., Asheville, NC

Hi Jennifer,

With limited space, you are right to be choosy about what to grow in your garden. Remember to supply the essentials – sunshine, water, and nutrients.

My best advice is - grow what you love to eat.

If fresh salad greens make you swoon, let that be your guide. Do you dream of sweet strawberries and juicy red tomatoes? Plant them. When you eat butternut squash soup in winter, do you wish you had grown some last year? Make your garden reflect your personal tastes and remember to factor in some fun munchables for your kids.



With limited space in your garden you will have to consider how much room your favorite veggies will take up and either (1) figure out how to tuck them in to your limited space or (2) choose to buy space-hogging vegetables at the tailgate market from a local organic farmer.

Good planning will allow you to grow a surprising amount in a very small area. *Planning* is the key word. Make a wish list of the veggies you want to grow. Note whether they are cool season vegetables (like peas, spinach, broccoli, lettuce...) or warm season (like tomatoes, peppers, eggplant, squash, okra, beans...) or long season vegetables (like greens and potatoes). Be realistic about how much you can fit in your garden – most tomato plants are huge – and work backwards....

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## Spring Conference Children's Program, Better Than Ever!

Parents! Do you know about our amazing Kid's Program available to your children during the [Spring Conference](#)?

Meet **just a few** of the stellar instructors that will be teaching the next generation of organic growers!



### MEET LENA RUARK-EASTES:

Lena lives in Asheville, NC passionately bringing Nature-Based Rites of Passage and Empowerment Programs for girls and women of all ages and Nature Connection for Kids. She is the founder and director of local non-profit Earth Path Education. Lena has organized and facilitated the Soil Sisters (young women's program at the Southeast Women's Herbalist Conference) for the past 6 years. Lena shares her love of art, music, nature connection and games as a teacher at The Learning Village and Children's Earth School.

### MEET JENNY BRANTLEY:

Jenny received an undergraduate degree in art and elementary education from American University and a graduate degree in Fine Arts from the School of Visual Arts in NYC. She taught fine arts to K-college students for 8 years in New York City. She currently teaches kindergarten at Sacred Mountain Sanctuary, a play based early childhood program inspired by nature and Waldorf education.







**MEET AARON BIRK:**

Aaron is an Asheville-based graphic novelist, puppeteer, wood-worker, clothing designer, mushroom farmer, restoration, ecologist, choreographer and acrobat hobo clown. He brings twenty years of professional experience to his teaching practice, including Rainbow Mountain School, Radiolab, and Fungi Magazine. Aaron is the author, illustrator and publisher of "The Pollinator's Corridor," a graphic novel about restoration ecology, guerilla gardening and urban beekeeping in the post-industrial Bronx. In Aaron's classroom you will be invited to unlock your brilliance, create new mythologies, and follow a path of artistry.

**LEARN MORE!**

***For Ages 4-6 & 7-12.***

***Supervised, age-appropriate activities, games, and crafts!***

***Registration is \$30 per day, per child. Available both Saturday & Sunday.***

***Space is limited!***

Click [HERE](#) to register.

**CONFERENCE LUNCH PRE-ORDERING ENDS FEBRUARY 29TH**



**This year you can pre-order a boxed lunch!**

**Avoid the lines and enjoy a delicious, locally prepared lunch including a side, dessert, and drink for just \$12!**

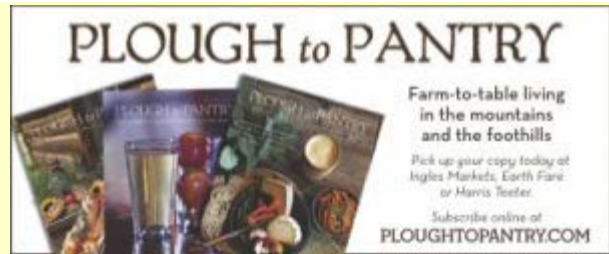
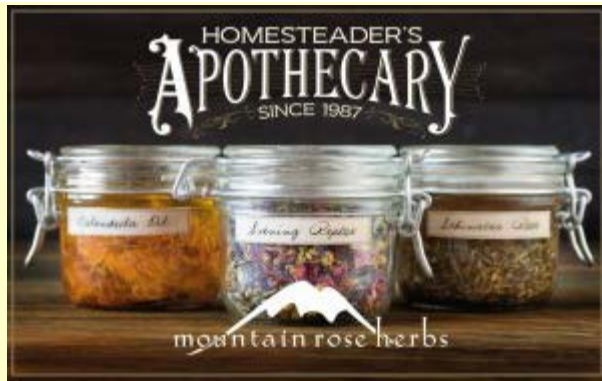
**There are 4 lunch options including gluten free & vegan choices.**

**No problem if you've already registered for the conference. Head back to the registration form to choose your lunch!**

**REGISTER HERE!**

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