




**PRACTICE SUSTAINABLE LIVING:
ORANGE ENVIRONMENT ANNOUNCES THREE NEW WORKSHOPS**

<p align="center">GROW SHIITAKE MUSHROOMS IN YOUR BACK YARD</p> 		<p>Wednesday March 31st Via Zoom 7:00-8:30 PM</p>	<p>Mushrooms are a remarkable source of food and medicine that humans have cultivated for millennia. Participants learn how to grow shiitake mushrooms on tree logs, inoculate logs with spores, identify conditions for maintenance, and recognize when to harvest. Written materials and suggestions for sourcing of supplies provided. Instructor Joseph Gregoire, certified mushroom instructor and Master Gardener, has extensive experience as a small farm mushroom cultivator.</p>
<p align="center">GROWING VEGETABLES FROM SEED TO HARVEST</p> 		<p>Wednesday April 14th Via Zoom 7:00-8:30 PM</p>	<p>Growing vegetables from seed to harvest is easy and fun for the whole family. Learn how to select plants and design your garden, start seeds indoors, use raised beds, containers, or vertical gardening, build healthy soil and apply fertilizers, safely deal with plant diseases and pest control, and harvest the results of your labor! Instructor: Jim Hall, Master Gardener and Certified Compost Instructor at the University of Vermont, has extensive experience in developing school and community garden projects.</p>
<p align="center">HOME COMPOSTING AND ORGANIC GARDENING</p> 		<p>Wednesday April 28th Via Zoom 7:00-8:30 PM</p>	<p>Home Composting is a natural way to recycle kitchen scraps and organic waste from around your home to return nutrients back to the soil. Instructor Jim Hall (*credentials listed above) will cover topics that include: what - and what not to compost, different types of composting processes and monitoring, site selection, simple compost pile/bin construction, vermicomposting (composting with worms), and how to use and apply compost.</p>

Orange Environment, Inc. is a 501c.3 organization



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<p>COST: \$20 per workshop. If you sign up for all 3 workshops you will receive a complimentary OE membership, OR if taking only 1 workshop receive an OE membership for an additional \$10 – a savings of \$25! Instruction packets provided with each workshop, no extra materials are required. Fee NOT refundable.</p> <p>REGISTRATION: Sign up on our website at www.orangeenvironment.com. and then follow the instructions for payment at the bottom of the workshop descriptions. No checks please!</p>
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For more information please call Peter Lai at 845-313-4246 or peterl@frontiernet.net

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