

MAKE ♦ BAKE ♦ GROW



MAY 17: MAKE YOUR OWN SOIL BLOCKS

Join us for this fun hands on workshop! Spring is the time for planting your garden, window boxes, planters and everywhere else you want to see colour and grow food. This workshop will show you how to create a healthy base for your seeds to begin growing. Learn some tips and techniques to starting your seedlings in a nutrient rich healthy environment, and give them the best chance for producing all summer long. The cost for this workshop is \$15 but you will receive \$10 in Market tokens to spend at the market.

MAY 24: CENTENNIAL CULINARY PROGRAM

Watch and learn new cooking techniques and recipes using local in season produce from the farmers market. Perfect for that upcoming dinner party!

MAY 31: GARDEN STEPPING STONES

Stop by between 9am – 1pm and make your very own garden stone. Please be sure to bring a container to use for your stone. Jazz up your garden with us! Register to reserve your space and stay informed about more details!

* Preregistration is recommended *

Register at the market information tent or online at www.makebakegrow.com

Poirier Street Farmers Market | 624 Poirier Street, Coquitlam | Every Sunday from 9:00 am - 1:00 pm

