# Gorge Master Gardeners offer 'Seed to Supper' classes



Photo courtesy of Master Gardeners THE FREE, five-class "Seed to Supper" series begins Monday, April 13 at FISH Food Bank.



### To the businesses and individuals that donated to our M2M2020 Dinner and Silent Auction.

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Thank you from a grateful mission team!

series of five classes where participants will learn the process of turning seeds into supper.

Topics that will be covered include ways to build healthy soil, how to make a plan for the growing space, planting and caring for your garden and harvesting vegetables in order to prepare healthy and economical meals.

Participants will receive a free gardening book to accompany Seed to Supper classes, to be held on Mondays, April 13 through May 11 from 6-8 p.m. at FISH Food Bank, 1130 Tucker Road, Hood River.

Classes are taught by OSU Hood River County Extension Central Gorge Master Gardener volunteers.

per is required by contacting in any size. Donations can be

Seed to Supper is a free the OSU Hood River County dropped off at the FISH Food Extension Service at 541-386-3343 or email to megan.wickersham@oregonstate.edu.

Seed to Supper is a free program offered by the OSU Hood River County Extension Service Central Gorge Master Gardeners and is open to all adults who wish to learn how to grow a garden.

#### **Garden items needed**

The FISH Food Bank Garden is in need of items to assist with growing of nutritious vegetables for FISH Food Bank clients this summer.

New or used items are needed to aid in spring planting including 75 to 100, 10-foot long, thumb sized bamboo stakes; 25 to 50 cedar shakes Registration for Seed to Sup- and shingles, and bed sheets

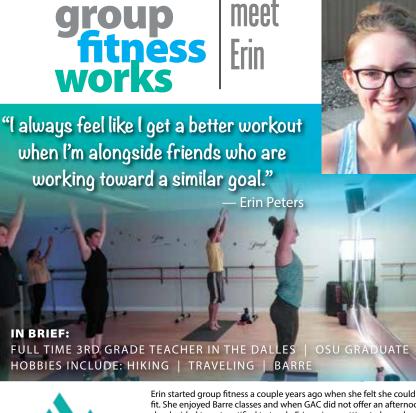
Bank Garden Monday through Friday, 8 a.m. to 3 p.m.; contact Tessa at fishgardenvc@gmail. com. (More information on page B2.)

#### HR site is open

FISH Food Bank's locations in Hood River, Parkdale and Cascade Locks are open. The Mid Valley location is closed.

For more information, call 541-386-3474 or visit www. fish-food-bank.com.

Volunteers are needed; those interested in assisting should contact Billie Stevens at 541-490-5109.





Erin started group fitness a couple years ago when she felt she could be more fit. She enjoyed Barre classes and when GAC did not offer an afternoon class, she decided to get certified to teach. Erin enjoys getting to know her class members and watching their progress. She encourages new people to not be afraid to be a beginner - people are surprised by how much they can do

> **Gorge Athletic Club** The Dalles | Hood River GorgeAthleticClubs.com

The Dalles Barre-Mon & Wed 6:30-7:30pm





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Bingen DJ's Repair & Rental 711 East Steuben Street 509-493-3110 djsbingen.com

The Dalles **Coastal Farm & Home Supply** 2600 W 6th St. 541-296-9610 coastalfarmandhomesupply.com

Stevenson Columbia Hardware PO Box 398, 10 NW Second St. 509-427-5551 columbiahardware-stevenson.com

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