



## Northern Shenandoah Valley Master Gardener Association Garden in the Valley Symposium

**March 15, 2014**

**Shenandoah University – Hester Auditorium  
1460 University Drive, Winchester, Virginia**

**7:30 to 8:30 : Registration & “Sweet Morning Fare”**

**8:30 Welcoming Remarks and Door prize awarded.**

**8:45-9:45- “Container Gardening – Grow & Enjoy Your Veggies and Herbs on a Balcony or Small Space”**

Cynthia Brown – Horticulture Collections Management and Education at Smithsonian Gardens

**9:45-10:45- “How to Prepare & Preserve the Food You Grow, Especially from Containers”**

Rebecca Davis- Family and Consumer Sciences Agent, VCE.

**10:45 -11:00 Break: Door prize awarded. Must be present and on time to receive award.**

**11:00 – 12:00: “Health Benefits of Gardening”** Healthcare Professionals Panel - Cindy Quinnelly, Occupational Therapist, Valley Health; Dr. Wendell Combest, Professor, Pharmacy School, Shenandoah University; Professor of Nursing, Elizabeth Courts, Shenandoah University.

**12:00 - 1:00: Lunch will be served in the cafeteria.**

**1:05 Door prize awarded. Must be present and on time to receive award.**

**1:15 - 2:30: “A Check List for the Weekend Gardener”**

John Fish, A.S.L.A, Landscape Designer, Meadows Farms Nurseries

**2:30-2:45 Break: Door prize awarded. Must be present and on time to receive award.**

**2:45-4:00 pm- “Incorporating Native Plants into Garden Settings”**

Janet Davis, co-owner of Hill House Farm and Nursery



**Closing Remarks / Final door prizes**

**All proceeds from Symposium will go towards the NSVMGA Scholarship fund.**

### REGISTRATION FORM

Name: \_\_\_\_\_ Phone \_\_\_\_\_

Address: \_\_\_\_\_

Email \_\_\_\_\_

**Registration is \$45. Continental Breakfast and Lunch are included in the registration.**

**Make checks payable to NSVMGA and mail to:**

**Lynn Hoffmann, PO Box 411, Capon Springs, West Virginia 26823**

You will be notified via email of receipt of your check.

If you have further questions you can email Lynn Hoffmann at [gwendydogg@gmail.com](mailto:gwendydogg@gmail.com).