

Abundance Cooperative Market Annual Meeting

Please join us for an afternoon of workshops at the Tay House Lodge in Cobb's Hill Park on Sunday, September 27 (see schedule below). All workshops are free and open to the public - members and non-members alike.

Inside the Tay House:	Outside the Tay House
1:30 - 2:30 - Canning Clinic . Experienced canner Sue Morgan will guide you through the steps necessary to safely preserve fruit, tomatoes, salsa and jam.	2 - 3 Take a Hike John Kastner, avid hiker, will lead you on a short and easy hike through one of Rochester's hidden urban woods.
2:30 - 3 - Collecting Rare Local Plants - the avid gardener doesn't need to resort to exotics to have a beautiful and unique garden. Michael Hannen tells you about the rare indigenous garden plants that thrive in our area.	
3 - 3:30 - Extending the garden season - Joe Gerstz, a master gardener with the Cornell Cooperative's Garden Helpline, tells you how to extend our short growing season through use of cold frames and other techniques.	3 - 4 Celebrating Autumn the Waldorf Way Christy Field of River North Kindergarten will help families create items for an autumnal nature table, or just for fun.
3:30 - 4 - Bike Commuters Show and Tell Jessica Rodriguez, Adam Durand, and Jack Spula talk about car-free commuting and demonstrate their two - (or three -) wheeled wonders.	
4 - 4:30- Urban Chickens - think you can't keep chickens in a city backyard? Think again! A representative from the Rochester City Chicken club will give you the basics.	
4:30 - 5 Gluten-Free Baking Anyone who has sampled the wares of new bakery EcoBella knows that it is possible to make delicious baked goods that are wheat free. Bakery owner Jeaninne Ottman gives you some tips on how to do it.	