



# FREE ON-LINE PROGRAM



## Home Vegetable Gardening for Food, Fun, and Stress Management

Tuesday, April 16, 2024 ~ 7:00pm – 8:00pm

Growing your own food can be physically and mentally rewarding. There are important tips to consider when starting a home vegetable garden such as location, sunlight, water, soil quality, and wildlife exclusion. This presentation will cover important tips for vegetable gardening including selecting vegetable varieties, starting seeds indoors and outside, planting and spacing, managing pests in the garden, watering, and harvesting the garden.



Speaker: Michelle Infante-Casella  
County Extension Department Head/  
Agricultural Agent/Professor  
Rutgers Cooperative Extension of Gloucester County

Offered by: Rutgers Cooperative Extension of  
Ocean County  
To register, click link below:  
<https://go.rutgers.edu/homevegetable>  
For question please call 732-505-3671 or  
e-mail tbecker@co.ocean.nj.us

