



Cochrane Family Farm

Upcoming Workshops/Events (lunch included)

From Seed to Success Starting seeds and growing your own Transplants Feb 16th, 10am to 3pm

Learn how to make the right growing medium, when to start seeds, how to grow, how to avoid diseases and other common problems, how to keep transplants healthy and happy, what is needed to get started and much more.

From Seed to Success Starting seeds and growing your own Transplants Mar1st, 10am to 3pm

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Grow those hard to grow crops from seed Mar 29th 10am-3pm

Have you ever struggled to grow Garlic, leeks, onions, celery, carrots and many more from seed or been afraid to try? This workshop is the next level up from Seed to Success.

2nd Annual Stewiacke Valley Seedy Saturday & Healthy Living Event Mar 21rd 10am to 2pm (No Cost to attend)

Location: Upper Stewiacke Fire Hall 5336 Hwy 289 and Cochrane Family Farm (5324 Hwy 289) Seed Swap ** Workshops ** Vendors ** Information Booths

Raised Bed Gardening Apr 26th 10am to 3pm

Building & maintaining, less work & higher yields. Learn how build, what materials to use, how to choose location, amend soil, what crops to plant and when and how to succession plant, pitfalls to avoid, tips, and much more. Never till again.

Raised Bed Gardening May 3rd 10am to 3pm

Building & maintaining, less work & higher yields. Learn how build, what materials to use, how to choose location, amend soil, what crops to plant and when and how to succession plant, pitfalls to avoid, tips, and much more. Never till again.

Transplant & Seed on-farm Sale Event May 9th 9:00am to 4:00pm (No Cost to attend)

Open House. Seeds, transplant, herb baskets, organic fertilizers, growing medium, pots, trays and more for sale. We will have free coffee, tea, snacks as well Many specials On selected products as well multi-tier purchase discounts. Like to garden? You don't want to miss this event.

Build your Own Greenhouses/hoophouses May 24th 10am to 3:00pm

Learn how to construct a family size greenhouse from the ground up. Material choices, site considerations, do's and don'ts, learn how to storm proof and how to overcome pests, humidity, high heat, disease and much more. Material list and plans supplied for cost effective hoophouses like we use, that are scalable to the size you need.

Intro To Medicinal Herbs June 14th 9am—2:30pm

Learn how to identify, grow, wild forage, harvest, and store medicinal herbs economically. Make your own herbal teas with recipes we provide. Enjoy an informative tour of our herb gardens.

The key to Successful, High yield harvests. July 5th 9am—3.00pm

Learn more in-depth gardening techniques on how to have successful, high yields of delicious, nutrient dense produce. This will be a more advanced workshop giving you the skills necessary to make your garden flourish. We will be spending a large portion of this workshop working directly with the plants.

Save your own Seed Date to be announced (Late Summer—Fall)

This is an intro course for learning how to plan, dry, test and save seed successfully. We will cover roguing, population genetics, control methods, variables, traits and look at different methods for different families of seeds.

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Workshop Costs: Coffee, tea and snacks are included in the cost. You are invited to join us for a delicious buffet style lunch from the farm as well. _1 person \$55.00 + HST 1 workshop, 2 people \$95.00 + HST 1 workshop

For group rates of 5 or more people \$43.00 pp + HST



To register call or email and payment can be made by e-transfer or credit card in advance to hold your spot.

**Box #22 5324 Hwy 289, Upper Stewiacke, NS B0N2P0
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