

# Growing Microgreens



University of Idaho  
Extension



Come learn how to grow your own microgreens that have a fun and nutritional punch. This will be a hands on class and you will walk away with your own tray of easy to grow microgreens. Spruce up your salads and sandwiches with these little powerhouses of nutrition.

Tuesday, January 23, 2024  
Middleton Public Library  
307 Cornell St., Middleton  
5:30 - 7:00pm  
Cost is \$5 per person

Taught by  
Advanced Master  
Gardeners,  
Ruth Givens and  
Kathy Harris



To register and pay,  
call UI Extension Canyon County  
at 208-459-6003

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Brad Stokes 2 weeks prior to the course at 501 Main St., Caldwell, 208-459-6003 or [bstokes@uidaho.edu](mailto:bstokes@uidaho.edu)