

Edible Houseplants

# Growing MICROGREENS at Home



the **Vegetarian Society of Eastern Connecticut** presents

**Mark Mathew Braunstein** author of  
*Microgreen Garden & Sprout Garden*

Mark will demonstrate a clean and simple technique for indoor gardening of microgreens and will provide samples of more than 15 varieties (such as those in the photo). For a preview of Mark's demo, see [www.MicroGreenGarden.com](http://www.MicroGreenGarden.com)

**Thursday, April 7 6:30pm**

**Jack Jackter Intermediate School**

ROOM #79, enter thru side door off parking lot

**COLCHESTER**

Food demo preceded by POTLUCK DINNER, please bring:

- 1 - a plant-based dish to share
- 2 - *its list of ingredients* & its recipe
- 3 - your own plate & utensils

admission: adults, \$7; children under 12, free  
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[www.vegsocietyofeasternct.com](http://www.vegsocietyofeasternct.com)