



The Great Garden Detective

WHEN:

Thursdays—
June 22, 29
July 6, 13, 20, 27

TIME: 10:00 am—Noon

WHERE:

Ludington United
Methodist Church & U Dig
It Community Garden
5810 E. Bryant Road,
Ludington

TO REGISTER:

Contact Kendra Gibson at
the Mason County MSU
Extension Office

Phone:

231-845-3363

Email:

gibso126@msu.edu

Space is limited!
Register soon!

Follow **MI Health Matters** from
Michigan State University
Extension on social media!



Photo by USDA's Food and Nutrition Service (FNS), [Supplement Nutrition Assistance Program](#)

Youth ages 7- 8 are invited to join MSU Extension as we explore nutrition and gardening out at U Dig It Community Garden.

Let's get hands on! We will be planting, harvesting and tasting foods we grow over the summer. This series uses interactive games and mindfulness activities to explore healthy eating.

Topics we will be digging into:

- What does it take to grow a garden?
- Using our senses to explore food
- Where does food come from?
- How to plant and care for a garden

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