

**Registration information**

Registration fee: \$15 for current VMGA members; \$20 for MGs and/or Interns who are not current VMGA members [even though you are a member of your local MG organization].

You can find VMGA Membership information on the Membership page on **VMGA.net**.

**Directions**

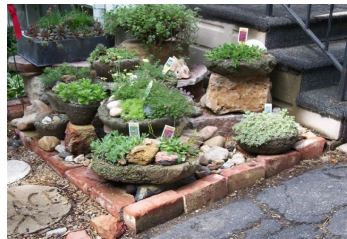
From Interstate 95, take exit 54 [Temple Boulevard]. Turn left at the traffic light at the end of the exit ramp. Turn left again at the second stop light onto Rt. 30 I. Turn right at the 4th stop light onto Dupuy Road VSU is 1/2 mile on the left; turn left at the stadium entrance. Use the parking lot immediately to your left, the L Douglas Wilder Building is at the end of the lot. For Map-quest, use the intersection of Matthews Jefferson Dr. and Carter G Woodson Ave.

The site is fully handicap-accessible. Anyone in need of special services or accommodations in order to participate in this program, please call in advance to make arrangements.

- Please indicate 1st, 2nd, and 3rd choices for each session as in the **example** below:

Concurrent session choices			
	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
10:00-10:50 am	<u>1B</u>	<u>1A</u>	<u>1C</u>
11:00-11:50 am	<u>2C</u>	<u>2D</u>	<u>2A</u>
2:00 - 2:50 pm	<u>3A</u>	<u>3C</u>	<u>3B</u>

- Confirmation of registration, directions and an emergency contact number will be sent to you.



Anyone in need of special services or accommodations in order to participate in this program, please call in advance to make arrangements.

**Focus on Food -  
From Field To Table**



**3rd Annual Master Gardener Day at VSU**

Presented by the  
Virginia Master Gardener Association  
Sponsored by Virginia State University

**Saturday, February 25, 2012  
L. Douglas Wilder Building  
Virginia State University  
Petersburg, VA 23806**

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**Virginia Cooperative Extension**

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VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY

# MASTER GARDENER DAY AT VSU

## "Focus on Food-From Field to Table"

Registration Form

[Only one person per form, copy as needed]

Open to MGs and Interns; Pre-registration is required.

Sorry, no refunds for cancellation made after Feb. 15, 2012

**Registration opens Jan.2, 2012 & closes February 15, 2012**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

I agree to have confirmation/directions E-mailed to this address

Yes \_\_\_\_\_ No \_\_\_\_\_

### Concurrent session choices

1<sup>st</sup>      2<sup>nd</sup>      3<sup>rd</sup>

10:00-10:50 am \_\_\_\_\_

11:00-11:50 am \_\_\_\_\_

2:00 - 2:50 pm \_\_\_\_\_

Box Lunch Choice [\$11.50] **Circle One**

Veggie    Ham/Cheese    Chicken Salad

Cut off and mail the completed form and check/MO

[payable to VMGA] to **Kathy Frame, 13112**

**Nestlewood Ct., Oak Hill, VA 20171**

### Registration fee

Current VMGA Member—\$15.00

Non-VMGA Members—\$20.00 [even if you are

a member of your local MG group or association]

Box Lunch Order—\$11.50

**Total enclosed:**      \$ \_\_\_\_\_

I need lodging information \_\_\_\_\_ Yes \_\_\_\_\_ No

**Questions? Call 703-476-6460**

## MG DAY SCHEDULE

**Saturday, Feb. 25, 2012**

8:00-8:45 Check-in, Coffee

8:45-9:00 Welcome and Announcements

### 9:00-9:50 **General Session 1**

"Alternative Pollinators"

Options and Resources Beyond Honey Bees

Dr. Nancy Adamson, Xerces Society

### 10:00-10:50 **Concurrent Session 1**



#1A

"School Gardens In A Rural Setting"

Practical and Proven Plans and Activities

Barbara Thomas, Master Gardener

#1B

"Wild 'Natives' for a Civilized Garden"

Plants That Attract Alternative Pollinator

.....Anita Tuttle, Native Plant Society

#1C

"Social Media 101 For Gardeners"

Getting To Know Online Tools

Mark Klingman, VCE, VSU

#1D

"Individualizing your USDA 'Healthy Plate' "

Adapting for Special Needs—Diabetes, Children

Dr. Paula Inserra, VCE, VSU

### 11:00-11:50 **Concurrent Session 2**

#2A

"Gardening for Pollinators"

How To Attract, Nourish, and Maintain Them

Dr. Nancy Adamson, Xerces Society



#2B

"MGs Support City School Garden Programs"

Five 'Hands-On' Programs At Elementary Levels

Mark Welch, Master Gardener

#2C

"Cooking with 'Super Foods' "

Ideas, Hints and Recipes For Healthy Meals

Wanda Johnson, VCE, VSU

#2D "Recreating a Jefferson Vegetable Garden"  
MG Outreach Project At Poplar Forest  
Maggie McGough, Master Gardener

### **NOON: Lunch**

**'Brown-Bag' or pre-order by February 15, 2012**

### 1:00-1:50 **General session 2**

"Production of 'Super Food' Crops in Virginia"

Dr. Reza Rafie, Horticulture Specialist, VSU

### 2:00-2:50 **Concurrent Session 3**

#3A "Southern Virginia Botanic Gardens—

A New Beginning"

The 'Why' And The 'How'—A Progress Report

Charles Stallard MG, Bill McCaleb, VCE

#3B

"Cooking with Color"©

How To Put 'Superfoods' Into Your Menus

Mary-Jo Sawyer, RD, MCV Health Systems

#3C

"Don't Kill that Orchid!"

The Real 'Skinny' On Orchid Care

Art Chadwick, Chadwick and Sons Orchids

#3D

"Water Management—Best Practices"

Rain Barrels, Trickle Systems, Etc.

Jack Wimer MG, A. Hankins/C. Mullins VC

### Box lunch includes:

Pasta salad, chips, fruit, cookie, beverage and  
your choice of sandwich

[circle your choice on the registration form.]