



2019 SC Garden Jamboree

Nourish Your Inner Gardener

Friday, May 10, 2019
8:30 a.m. – 3:30 p.m.
\$55.00-Sorry No Refunds
Registration begins at 8:30 a.m.

Saluda Shoals Park
5605 Old Bush River Road
Columbia, SC 29212

Hosted by:
Lexington County Master Gardener
Volunteer Association
803-338-9495 or 803-606-7901
Lcmgv.org

Name _____ County Association _____

Address _____

City, State, Zip Code _____ Phone _____

Email _____ Lunch Choice (circle one) Regular or Vegetarian

New or Returning Attendee (circle one)

Please Circle three (3) workshops and one(1) alternate(a)

Workshop One: **You Are What You Eat** _____

Workshop Two: **Let's Get Physical** _____

Workshop Three: **Miniature in Size, Huge in Beauty** _____

Workshop Four: **Wear Your Garden** _____

Workshop Five: **Awash In Luxury** _____

Workshop Six: **Exploring Nature Through Other Senses** _____

Mail Checks Payable to LCMGV: 1502 Quail Valley West, Columbia, SC 29212

\$55.00-Pre-registration Required
Checks to LCMGV
Mail to:1502 Quail Valley West
Columbia, SC 29212
On line registration at
Lcmgv.org and EventBrite
Sorry, No Refunds

8:30 – 9:00 a.m.	Registration
9:00- 9:20 a.m.	Welcome
9:20- 10:15 a.m.	Key Note Speaker-Mary L Hagler Cultivate Your Life
10:15 – 10:30 a.m.	Visit Vendors
10:30 – 11:30 a.m.	First Session
11:45 – 12: 45 p.m.	Box Lunch Visit Vendors
1:00 – 2:00 p.m.	Second Session
2:00 – 3:00 p.m.	Third Session
3:15	Closing Remarks, Door Prizes (Must be Present to Win)

Please Return badges and lanyards in buckets when you leave.

Thank you for Sharing this Fun Day with us and we hope to see you back next year with a friend!

Mary L. Hagler is an outstanding floral designer and vibrant garden/consultant-Writer, a Master Gardener, a registered nurse who specialized in gerontology, and has been certified by the Institute for Integrative Nutrition. She will be coming to us from Augusta and distill her knowledge into helping us cultivate a more balanced life.

Workshop One: You Are What You Eat

Brooke Brittain, a registered dietitian will explore the sense of taste with us guiding us on the most current science about healthy eating and sharing some nutritious recipes, demonstrations and samples.

Workshop Two: Let's Get Physical!

Team from Columbia Rehabilitation Clinic: They will teach you how to avoid injury in the garden and how to recuperate properly if you do. Be ready to watch proper rake, shovel, lifting and other gardening demonstrations.

Workshop Three: Miniature in Size: Huge in Beauty

Sandy Raymond, LCMGV will explore your sense of touch and sight by creating a miniature garden under her instructions. Plants and containers will be provided for you to take home.

Workshop Four: Wear Your Garden

Claudia Rollins will discuss how to make resin pendants using dried flowers and ferns. You will string a pre-made pendant to take home.

Workshop Five: Awash in Luxury

Becky Lyons, RCMGV and Christine Milling, owner Big Belly Farm Becky will share seeds and guide you in growing and preparing loofahs for bathing. Christine will complement your bathing luxury by helping you make a herbal tea bag to take home. Your senses of touch and smell will be delighted!

Workshop Six: Exploring Nature

Ann-Chadwell Humphries and Saluda Shoals Park Rangers Join them on a nature walk to listen, touch and feel nature. Ann is a published and the first blind intimate outsider in SC. She is one of the best birding by ear guides you will meet. She will also share some of her Inspiring poetry.