



## Free MetroED World Garden Workshop Growing from Seeds

February 6, 2010  
10 a.m. to noon  
Erikson Adult ED Center  
4849 Pearl Ave., Auditorium  
San Jose, CA 95136

Growing your own vegetables and flowers can be very rewarding, economical and fun. Learn how to start your own plants from seeds to increase the variety of vegetables and plants in your garden. There are many more choices available in seed packets than are offered as plants in the nurseries.

Come join us for a free talk by **Master Gardener Laura Monczynski** and learn all about how to sow seeds, nurture them, and how and when to transplant the seedlings.

To sign up for this workshop please phone our office during regular business hours at (408) 723-6450 or email [Ritab@metroed.net](mailto:Ritab@metroed.net)