

To register, complete the form below and mail with payment to:

Grow the Good Life

Bedford Extension Office
1257 County Farm Road, Suite B
Bedford, VA 24523

Name _____

Address _____

City/Zip _____

Preferred Phone _____

Email _____

Registration deadlines and fees

[Register early, space limited!]

Early Bird: 1/31; \$40, includes lunch

Regular: 3/1; \$45, includes lunch

Day of/Space available: \$50; Lunch not included with this registration.

Make check payable to: BAMGA

Lunch provided by Blue Ridge Bagels
[Please circle one sandwich & one salad choice.]

CLUCKER: chicken salad with lettuce, tomato & mayo on whole wheat bread

GARDEN WRAP: lettuce, tomato, cucumber, onions, pickles, banana peppers, veggie cream cheese on a whole-wheat wrap

OLD TIMER: roast beef, turkey, American cheese, lettuce, tomato, pickle, mayo & deli mustard on a sub roll

German potato salad or Italian pasta salad
Canned soda and a cookie included.



Sponsored in partnership with
Virginia Cooperative Extension

Contact us at 540-586-7675 or
bedfordmg@vt.edu

Website

<http://www.BedfordMasterGardeners.org>

Get our free monthly e-newsletter

Look for the Sign Up form on the homepage of our website.

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

If you are a person with a disability and desire assistance or accommodation, please notify Scott Baker at the Bedford Extension Office at 540-586-7675 (TDD number 800-828-1120) during business hours of 8:30am to 5:00pm.



Virginia Tech • Virginia State University

www.ext.vt.edu _____



Grow the Good Life

Presented by

Bedford Area Master Gardeners Association

In partnership with
Virginia Cooperative Extension

March 21, 2020

8:30am - 3:00pm

NEW LOCATION

Forest Recreation Center
1088 Rustic Village Road
Forest VA 24551



Mark Angelini

Mark Angelini of Mountain Run Permaculture will explore the principles of ecological design and the techniques that create biologically rich soils, restore water & nutrient cycles, produce nutrient dense foods, medicines, and the low-input farming and gardening methods that regenerate both human and ecological health. He does design, consulting, and education throughout the region and manages Mountain Run Permaculture with his wife, Allison, where they grow apples, fruits, vegetables, herbs and livestock in an integrative system.



Dr. Reza Rafie, PhD

Dr. Rafie is a Virginia State University Extension horticulture specialist. His presentation will focus on ethnic vegetables and niche crops for the small “farmer” or gardener. Dr. Rafie works to bring exotic and current trend produce to Virginia farms and tables. He has worked extensively on growing blackberries, and raspberries in “high tunnels.” He has been working to bring the PawPaw tree back into popularity and has a special interest in growing ginger and turmeric as well as exotic and ethnic fruits and vegetables.



Doug Coffey, CMG



Doug is a master gardener engaged in raised-bed gardening, vermiculture and native plants. He has been spending the past 10 years acquiring new bearded iris introductions and rescues from other gardens to amass a small collection of nearly 500 cultivars, many historic that date back to the mid 19th and early 20th centuries. He will present a history of this iconic flower that dates to ancient Greek and Egyptian gardens and share “how to” tips on growing, maintaining, and hybridizing flowers that fittingly take their name from the Greek word for rainbow.

Doug is a master gardener engaged in raised-bed gardening, vermiculture and native plants. He has been spending the past 10 years acquiring new bearded iris introductions and rescues from other gardens to amass a small collection of nearly 500 cultivars, many historic that

Grow The Good Life

March 21, 2020

8:30-3:00

- 8:30-9:00** **Check In**
~ Coffee ~ Vendors
- 9:00-9:15** **Welcome**
- 9:15-10:30** **Presentation 1**
Work With Nature: Principles & Practices for Ecological Landscapes & Regenerative Agriculture
Presenter: Mark Angelini
- 10:30-10:45** **Break**
~ Please visit our vendors!
- 10:45-12:00** **Presentation 2**
Ethnic Fruits and Vegetables – The Latest Trends in Gardening
Presenter: Dr. Reza Rafie, PhD
Virginia State Horticulture Specialist
- 12:00- 1:15** **Lunch**
~ Please visit our vendors!
- 1:15- 2:30** **Presentation 3**
An Irisarian Obsession: The history, care and propagation of irises
Presenter: Doug Coffey, CMG
- 2:30-3:00** **Door Prize Drawings**
Must be present to win!
- 3:00** **Please return your completed evaluation.**

Thanks for coming!

CANCELLATION POLICY

No refund in case of cancellation due to inclement weather.



Bedford Master Gardeners