



India for Safe Food
Safe Food - Our Right! No Chemicals, No GM!



Organic Kitchen Gardening Workshop

GROW VEGETABLES, FRUITS & HERBS FREE FROM PESTICIDES & TOXINS AT YOUR HOME

Organised by

Kheti Virasat Mission, Chandigarh Chapter

Venue: Grover's, H. No 1634, Sector 18-D, Chandigarh

When: Tuesday, 25th September 2012 Time: Sharp 2.30 PM to 7 PM

Pesticides and Agro-Chemicals are present in our food chain and thus causing several serious health problems and even challenging health security of our future generations. It is time to start a people's movement to assert the Right for Safe Food.

Let us begin from our own home and learn how to grow the Safe food for our family at Home. This shall be Masters Workshop for those who can volunteer in propagating Organic Farming and want to serve safe food free from toxins to their families.

Learn how to grow

Green Leafy Vegetables like Spinach, Fenugreek, Amaranth, Mustard, Bathua	Herbs like Coriander, Basil, Mint, Curry Leaves	Vegetables like Brinjal, Cabbage, Tomato, Chile, Raddish, Carrot, Knol-Khol, Peas, Potato, Cauliflower, Turnip	Exotic vegetables like Broccoli, Lettuce, Parsley, Chives, spring onion and Leek
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Organic Kitchen Gardening Expert - Ritu Mathur of Upavan Initiative Gurgaon and Master Organic Farmers of KVM will join as resource person

Workshop Includes

Videos on different ways of Organic Farming	Essential nutrients required by plants and how these needs can be fulfilled with natural and organic inputs (Theory)	Practical experience on how to prepare nutrient rich soil, Preparing Bio-Pesticides, Bio-Fertilizers, Seed Treatment	Sowing seeds and transplanting
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All participants will be getting organic seeds and Manual. Contribution Fee: Rs 200 /- onwards
Limited Seats only. Do confirm at the earliest

Please confirm to

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