

**IMMEDIATE RELEASE**

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January 26, 2022

***Flint River Fresh Offers Free Food Gardening Virtual Workshops***

Albany, GA - 1/26/22 - Flint River Fresh, Inc. offers free DIY Food Gardening Virtual Workshops Fridays on Zoom at Noon! Starting **January 28th**, the virtual gardening education series with Fredando, AKA Farmer Fredo, gives the community more confidence to grow food where they live with expert guidance and proven techniques. Participants can gain the knowledge base, and skills for building a sustainable food garden at home or in small green spaces through the urban farming inspired workshops.

Registration is quick and easy via links at [flinriverfresh.org/new-events](http://flinriverfresh.org/new-events).

All skill levels are welcome to participate. The interactive live tutorials will explore diverse gardening topics, including basic vegetable gardening, pest control for the spring and summer in southwest Georgia, and building a raised bed garden box.

Upcoming Workshops and Dates via Zoom at Noon

**1/28** – Basic of Growing A Vegetable Garden

**2/4** – How to Build a Raised Garden Beds

**2/18** – Planting a Spring Garden



**2022 FOOD GARDENING WORKSHOP SERIES**

Starts  
Friday, January 28th  
Zoom at Noon



Basics of Growing a Vegetable Garden & More

Register at  
[www.flinriverfresh.org/new-events](http://www.flinriverfresh.org/new-events)

FREE VIRTUAL TRAININGS  
with Fredando AKA Farmer Fredo, Community Gardening and Urban Farming Expert  
Fridays from Noon to 1:00 PM  
Starts January 28th

The Dougherty Fresh initiative supports the food gardening education series that reinforces self-sufficiency and equips people to grow food for themselves and a healthier community.

Flint River Fresh is a 501(c)(3) organization aiming to make fresh, locally-grown produce accessible and affordable for people throughout the Flint River Region while empowering the community and youth through education and outreach opportunities. Give and support the mission at [flinriverfresh.org/donate](http://flinriverfresh.org/donate). Learn more about Flint River Fresh community gardens and urban farming initiatives at [flinriverfresh.org/community-urban-farm](http://flinriverfresh.org/community-urban-farm).