

IMMEDIATE RELEASE

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Flint River Fresh w/Farmer Fredo Presents Food Gardening Workshops for the Fall Season

Albany, GA – Flint River Fresh w/Farmer Fredo is offering food gardening workshops to the community in the outdoor garden classroom at the 5th Avenue / Phoebe Community Garden from July 23rd to November 5th. Fredando Jackson, Executive Director of Flint River Fresh and also known as Farmer Fredo, will teach the fundamentals of growing seasonal fruit and vegetables in the southwest Georgia region. Participants will gain hands-on gardening instructions for growing some traditional southern favorites along with a variety of newer garden options. All workshops are free and open to the public.



Becoming wholly food secure includes having the knowledge and skills to grow food for self and community. Farmer Fredo will share nearly two decades of community gardening and urban farming experience to educate and demonstrate successful food gardening techniques and methods including irrigation, fertilizing, pest management, disease control, and harvesting.

Participants can expect to get dirty and apply new gardening skills during the hands-on learning engagements. Everyone should bring gardening gloves and wear clothing suitable for physical activity outside in the dirt and heat. Closed-toe shoes are required for safety. All are asked to bring personal drinking water.

Safety is a priority in Flint River Fresh spaces. Face coverings are recommended for everyone. Flint River Fresh follows CDC guidelines and local mandates for mitigating the spread of the coronavirus and variants.

Sign-up via Flint River Fresh Facebook Events. Follow Flint River Fresh on Facebook and get notifications when new events are posted. The complete Fall Food Gardening Workshops schedule is available at flinriverfresh.org/new-events.

Flint River Fresh is a 501(c)(3) organization that aims to make fresh, locally-grown produce accessible and affordable for people throughout the Flint River Region, while empowering community and youth through education and outreach opportunities. Visit www.flinriverfresh.org to learn more.