



This is for you, if you garden, or cook, or eat, or read, or write, or create, or explore.

SOW, GROW, SAVOR

Are you looking for a fun and delicious way to spend your summer? Celebrate the season's bounty with fellow Madison residents through Sow, Grow, Savor. Develop and share recipes with different generations incorporating the ripe produce you've grown in your home garden. Attend virtual meetings with local farmers, Master Gardeners, and chefs. Appreciate the wonders of growing and cooking with fresh produce and see your recipes featured in a community cookbook to be sold in downtown Madison this September!

How We Got Here



Sarah Platt

Sow, Grow, Savor was launched by Sarah Platt in February 2020 with the mission to promote the long-term health and well-being of the people

in Madison through gardening and cooking exploration. Sarah is a premedical student at the University of Connecticut with a passion for gardening and cooking. She is a graduate of *The Country School* and *Choate Rosemary Hall* and is the recipient of a UConn IDEA Grant.

The program, will fill the need for intergenerational play and creative learning, bridging different generations through multi-sensory activities. In light of the advised COVID-19 precautions,

Sarah has redesigned this program to allow for engagement and documentation through this website, eliminating face-to-face intergenerational contact to protect participants. Sarah intends to organize in-person activities for seniors and youth once it is safe to do so. **For registration information please contact the Madison Senior Center.**



Program Objectives

- Facilitate kinship and exchanges of knowledge between different generations.
- Provide interpersonal and practical skill development opportunities for youth.
- Increase awareness of the benefits of sustainable living through gardening & cooking.
- Support local businesses.
- Connect and learn from different generations on our ongoing Facebook blog and Instagram page.
- Learn gardening and cooking techniques from local experts through virtual meetings.
- Lead a virtual gardening or cooking activity for fellow participants.
- Receive vouchers to local farms.
- Contribute to a cookbook publication & fundraiser event helping to sustain this initiative in the future.

Participants Will Have the Opportunity To:

- Document your summer gardening and cooking explorations and have your content featured on our website.

Each virtual session meets on Monday and Wednesday mornings, and Friday afternoons. Call the Senior Center for details.

Session I: June 8th – 26th

Session II: July 13th – 31st

Session III: August 10th – 21st

Sow Grow Savor Links

[SGS Facebook page](#)

[SGS YouTube video](#)

[sowgrowsavorwebsite](#)