

TOWN OF DUDLEY
MASSACHUSETTS
Public Information Office



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No land, no worries. Container gardening is a growing option for city and rural folks alike and the Central Massachusetts Regional Planning Commission is sponsoring free workshops to promote growth and community connection through the joy of cultivating plants.

Members of the South Central Massachusetts Partnership for Public Health, which includes the Boards of Health in Auburn, Brimfield, Dudley, Oxford, Southbridge, and Webster, have collaborated with Central Massachusetts Regional Planning Commission on a series of free workshops designed around the health and wellness benefits of gardening in small spaces.

Gardeners of varied levels of experience attended two workshops at the Dudley Fire Station on August 13, 2023. The morning and midday sessions unfolded as an informative, hands-on exploration of fungi, mushrooms, and medicinal plants. These engaging and educational sessions fostered gardening skills and a sense of community among the participants.

Educators Michael B. Del Rio and Taina Vargas, who work at The Farm School (<https://farmschool.org/>), led the workshops that explored the medicinal benefits of various mushrooms, herbs and plants. Participants learned how to create a mushroom growing tree log and meld bees wax with various organics to make salve.

A workshop in Brimfield is scheduled for 9:30 a.m. September 23 and plans are coming together for future workshops in Webster and Southbridge.

The Container Gardening Workshop Series are supported by AARP. For more information on the Central Massachusetts Regional Planning Commission, visit www.cmrpc.org

<photo 5010 from left workshop participant Mary Bertrand, instructors Michael B. Del Rio and Taina Vargas>

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