

# 4-H GROWS HERE



Extension



## 4-H Hydroponics Workshop

For Youth at Lef Farms in Loudon

**Are you interested in learning about hydroponic gardening?**

- Workshop participants will take a tour of Lef Farms facilities and explore the science behind hydroponics & learn about career opportunities.
- Participate in hands on activities where you can take home your own simple version of a hydroponic system.
- Learn about additional opportunities to continue exploring hydroponics and other horticultural topics.

**Youth ages 12 & older welcome to attend! You do not need to be a 4-H member to participate. Bring your family and friends and learn about the incredible world of hydroponics.**

About Lef Farms:

FRESH. TASTY. HEALTHY. GROWN NEARBY.

The freshest, tastiest greens come from the simplest methods. Like ours. We blend integrity with minimalist, sustainable, farm-to-table production to grow healthy, pesticide-free greens. And we grow them locally in our climate-controlled hydroponic farm, so you'll not only get them on your plate within 24 hours of harvest, you'll have access to fresh, tasty, and healthy salad greens all year 'round.



The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating. Our programs and policies are consistent with pertinent Federal and State laws and regulations prohibiting discrimination on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity. For persons with disabilities requiring special accommodations, please contact 603-796-2151 prior to the event. Given ample time, we will make any reasonable effort to make accommodations.

Saturday, May 5, 2018  
9:00 AM - 12:00 PM

Lef Farms  
662 Route 106 North  
Loudon, NH 03307

Register by April 27, 2018  
<http://bit.ly/2DENgvu>

Cost: \$8.00 per family

Registration Limit:  
30 Participants

For additional information or  
questions contact:

Michelle Bersaw-Robblee  
4-H Extension Specialist  
UNH Cooperative Extension  
603-796-2151 or  
[michelle.bersaw@unh.edu](mailto:michelle.bersaw@unh.edu)