## Transition Canterbury welcomes you to our 2014 APPLE PIE Monthly Series at 7:00 in the Parish House! Check below for the dates.

## **JANUARY 16, 2014**

**Nutritious Gardening!** Did you know that dark tomatoes, like Black Krim, have far more nutrients than other colors of tomatoes? What is your lettuce of choice? The dark red varieties have more vitamins than pale iceberg! White cauliflower is more nutritious than green broccoli and white peaches are more nutritious than yellow ones. Join our neighbor and food and garden writer, **Hillary Nelson**, as she shares about the latest research on the most nutritious fruits and vegetables then plan a garden for maximum health.

Hillary will also be passing out <u>Fedco Seed</u> catalogs for anyone who'd like to take advantage of the Canterbury Group Fedco order, which has been saving up to 25% on seed and tuber orders for more than a decade.

Join us on January 16, 2014 at 7:00 p.m at the Parish House for APPLE PIE and learn about Nutritious Gardening.

For more information, call Dave Emerson at 783-4403.

## **FEBRUARY 20, 2014**

Money Matters on February 20, 2014: Friend and neighbor, Julie Eades, President of the New Hampshire Community Loan Fund, will speak on the transition to a more cooperative economy. She will have lots to share on how we can use money to uplift us all. In her words, "Money is still one of those resources we have that we can direct through our values, IF we have a way to do it."

Localizing the Economy...everyone benefits!

Mark your calendars for February 20, 2014 at 7:00 p.m. at the Parish House for APPLE PIE and learn about Money Matters.

## MARCH TBA, 2014

It's never too early to start! Our March program (date TBA) is being organized by Judy Elliott, a UNH Master Gardener, and will showcase the many ways gardeners in town have been extending their growing season with cold-frames, hoop houses, and greenhouses. Learn what works from your neighbors.

Check back for our March date. And, while we don't yet know the exact date yet, you can bet, APPLE PIE will be served at the Parish House.

Transition Canterbury: Preserving the Canterbury Spirit www.transitioncanterbury.org