



CHRIS ABELE, MILWAUKEE COUNTY EXECUTIVE
JOHN DARGLE, JR., DIRECTOR OF PARKS, RECREATION AND CULTURE

Contact: Sandy Folaron, Director of The Domes
(414) 257-5601
Sandy.Folaron@milwaukeecountywi.gov

For immediate release

Microgreens Workshop to be Presented at The Domes Jan. 16 *Tiny Plants Pack Nutritional Punch*

Milwaukee, WI (Jan. 6, 2016) – For a nutritional boost this winter, the Mitchell Park Domes is offering a public workshop on growing microgreens, tiny herb and vegetable plants that pack up to 40 times more nutrients than their mature counterparts. The workshop will be presented Jan. 16 from 9:30-11:30 a.m. at The Domes. “Milwaukee’s Living Landmark” is located at 524 S. Layton Blvd.

Area foodies may be familiar with the intense burst of flavor given to a dish containing microgreens.

“Chefs at Milwaukee’s top restaurants often use raw microgreens for both their flavor and their visual impact as a garnish,” said Paula Zamiatowski, Domes Educator. “With this workshop, participants will have all the information they need to get growing, will plant their choice of seeds in a container to take home, and, in a short time, will have gourmet microgreens.”

Clay Gosse, a professional horticulturalist for over four years and microgreens enthusiast for the past three years, will co-present the program with Zamiatowski. The program will explore the variety of seeds most commonly used, soil types, germination, planting density, watering techniques, fertilization, and container selection. Advanced growing techniques, procedures for reusing materials, harvesting techniques, and storage options will also be discussed.

“We’ll even offer suggestions on getting your children involved in growing microgreens,” said Zamiatowski. “Young children love little things – from selecting tiny containers to harvesting these itty-bitty plants.”

The workshop fee, which includes admission to The Domes, is \$15 per person or \$8 for Friends of the Domes members.

Preregistration is required. To register, participants may call (414)257-5603 or send an email to paula.zamiatowski@milwaukeecountywi.gov.

###

ADDRESS
9480 Watertown Plank Road
Wauwatosa, WI 53226-3560

PHONE/FAX
ph: **414 / 257 PARK** (7275)
fax: 414 / 257 6466



EMAIL
parks@milwaukeecountywi.gov

WEBSITE
countyparks.com