

# PLOT TO PLATE: ORGANIC VEGETABLE GARDENING TIPS

Garden without chemical fertilizers or pesticides by using crop rotation, companion plantings and compost.

Join Heather Wolfe\* on  
Wednesday, June 11  
12:00 - 12:30pm via Webex

Register by visiting the Dartmouth Health events or scan the QR code below  
[Employee Wellness Events | Dartmouth Health Events](#)



\*The Lifestyle Improvement Program's  
Nationally Board-Certified Health & Wellness Coach  
and Vermont Master Composter

Questions?  
Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950