



## Meditation with Singing Bowls

Tuesday, October 10, 2017

5:30 p.m. - 6:30 p.m.

\$15 per person

Experience a sound healing with Reiki Master Kristen Tenpenny as she leads you into a journey of relaxation and expansion. The vibrations of the ancient Tibetan and crystal singing bowls raise the vibration of your cells, allowing for your body to relax, reducing stress, pain, and tension.

[Reserve Now](#)



## Gardening for Pollinators!

Wednesday, October 11, 2017

12:00 p.m. - 2:00 p.m.

\$20 per person

In this workshop, learn about pollinators, their benefits, and how to attract them to your yard. You will also make a pollinator house that you can take home to start attracting pollinators. The cost for this program includes all the supplies!

[Join the buzz](#)



## **Vegetable Gardening for Central Florida**

**Wednesday, October 14, 2017**

**10:00 a.m. - 12:00 p.m.**

**\$20 per person**

Learn the fundamentals of how to start a vegetable garden and explore different types of gardening methods with local expert Ray Cruze. This class will cover the basics of media choices, insect control, fertilization, and irrigation. Participants will take home a tomato plant.

**Broc 'N Roll**



## Rootstock Returns

### MEMBERS ONLY PREVIEW NIGHT

Friday, October 20, 2017 5:00 p.m. - 8 :00 p.m.

### OPEN TO THE PUBLIC

Saturday, October 21, 2017 8:00 am- 5:00 p.m.

**\$10 parking, members FREE**

Dig in as Rootstock Plant & Garden Festival *presented by Duke Energy* returns to celebrate the opening of the Florida gardening season. Shop from over 40 plant and garden vendors while enjoying live music from Polkweed Muzique, B.Haven, The Legendary JC's, AcousticDose and Gardens carillonneur Geert D'hollander.

Don't miss guest lecturers speaking on topics ranging from orchids to perennial vegetables and register for two amazing cooking classes with World Food Championship Chef Amy Freeze. Play along with the Nature Play Guides as they present special family activities in Hammock Hollow!

Food vendors and a beer & wine garden will be available adjacent to the music stage.

**Get Growing**

*Rootstock Plant & Garden Festival presented by Duke Energy is sponsored by Visit Central Florida, Winter Haven Honda, Florida Department of Cultural Affairs, Ledger Media Group, Sun Central Media Group, WEDU, WUSF, Today & Tonight Magazine, Max 98.3 and 97.5 WPCV*