

Bissel Gardens Event 4 Hrs

This Garden Event was organized by various organizations such as NY Enrichment Group, NYC department of Education, Emblem Health, Bent on Wellness, and RAIN Total Care.

The location of the event was at Bissel Garden located in the Bronx, NYC.

From 9:30 am to 1:30pm, April 19, 2024.

The aim of the event was to introduce:

- The importance of the gardening
- How to make compost and use a fertilizer for plants
- Planting/Beatification
- Nutrition & Wellness Workshop
- Making grilled chicken salad from scratch & how to make a dressing
- Making Caesar Salad with Grilled Chicken
- Roasted Veggie Cooking Class
- Grilled Veggie Cooking

I have participated in all sections of the Garden Event, and I had to train to cook with Ritha Rene, RDN of NY Enrichment Group.

I learned a lot, how to make such events, demonstrate cooking classes for teenagers, and teach nutritional aspects of the food. I also learn how to make a connection with various organizations, professionals, RDNs and cooks.