

July 27, 2010

## Be Healthy Grow What You Eat Gardening Workshop

Media Contact: Shauna Haslem, Extension Agent, 910-321-6870

Are you tired of store bought vegetables? Have you been thinking about planting a garden, but are unsure of what to do? Do you enjoy your spring garden, and would like to extend your garden into the fall? Then joining us on August 17<sup>th</sup>, 2010 at 6:00 pm will benefit you! A workshop entitled “Be Healthy, Grow What You Eat” will be offered for interested gardeners. Workshop focus will be on the techniques of planting a fall vegetable garden. You will receive resources that will guide you through the garden process. The workshop will take place in the Cooperative Extension Auditorium, located at 301 East Mountain Dr, Fayetteville NC 28306.

If you love to garden, and you want to find out about fall vegetables, this workshop is for you! A minimum of 10 people will be required. Space is limited to 50 participants.

A registration fee of \$5.00 per person is required. Please register by August 13<sup>th</sup>, 2010 to ensure that adequate supplies will be available. A copy of the registration form is available online at <http://cumberland.ces.ncsu.edu/>. You can contact Shauna Haslem at 910-321-6870, or by email at [shauna\\_haslem@ncsu.edu](mailto:shauna_haslem@ncsu.edu) for a copy of the form as well