

MEDIA RELEASE

August 12, 2013



Free Gardening Workshops

Saturday, September 7, 2013

8:45 am - 12:00 pm, Royal Canadian Legion, 141 Henry St., Prescott

<https://prescott-gardening.eventbrite.com/>

Saturday, September 14, 2013

8:45 am - 12:00 pm, Brunton Community Hall, 1702 - 9th Line, Beckwith

<https://beckwith-gardening.eventbrite.com/>

Water Wise Gardening

As water becomes more and more a limited resource, the methods used for gardening need to be adapted. The topics of how, where and why to establish gardens that require less water will be discussed. Suggestions for water collection, such as a rain barrel, will be offered.

Safe Preserving

This workshop will teach you practical techniques to help preserve local harvest safely. You will also explore ways to make your harvest last through the winter months.

For workshop information or to register, contact: Lynda Earl, 613-345-5685 Ext:2215 or call 1-800-660-5853. You can also visit our website at www.healthunit.org/nutrition. Like the Health Unit on Facebook to get important public health updates.

Space is limited Register Now. Donations of dry goods & money for the Food Bank are welcome.

-30-

Contact:

Susan Healey, Communications Co-ordinator, 613-345-5685 or 613-802-0550