



Saint Louis County

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NEWS RELEASE

FOR IMMEDIATE RELEASE:

September 30, 2013

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Extension Garden Fest to focus on growing and preparing autumn vegetables

To say that the 2013 gardening season was a challenge would be an understatement. The Northland's relatively short growing season was reduced even more by spring snowstorms and a cold start to the summer.

In an effort to help growers overcome these obstacles, St. Louis County Extension and University of Minnesota Master Gardeners will conduct an educational program devoted to gardening and healthy food in the Northland. Garden Fest 2013 will be held Thursday, October 10, at 5:30 p.m. at St. Lawrence Church, 2410 Morris Thomas Road in Duluth.

As part of the evening's program, the presentation "Successful Gardening under Difficult Conditions" will explain many techniques for overcoming the cool weather challenges in this area. There will also be a presentation on growing garlic and, as 2013 was designated the "Year of the Squash", there will be a discussion on growing various squash varieties. A recipe sampling of numerous dishes featuring locally grown vegetables will follow. The program will be presented by Bob Olen and Kendall Dykhuis, Educators for St. Louis County Extension and by the St. Louis County Master Gardeners.

Program participants will receive a combined recipe book and gardener's guide developed for the program. The cost of the program is \$20 and includes the recipe sampling and resource materials. The program is part of the St. Louis County Healthy Foods Initiative. For more information on the program and registration information contact St. Louis County Extension at (218) 733-2870 or www.stlouiscountymn.gov/ext.

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