



Saint Louis County

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NEWS RELEASE

FOR IMMEDIATE RELEASE:

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Garden Fest 2014 Celebrates the Year of the Bean

The 2014 Vegetable of the Year has now been announced and it is – drumroll, please – the bean! Food and gardening enthusiasts will be able to learn all about this versatile veggie as St. Louis County Extension hosts its ninth annual Garden Fest on October 2 at 5:30 p.m., at St. Lawrence Church, 2410 Morris Thomas Road in Duluth. The program will feature beans of all types including fresh garden beans and preparing dishes with dry shell beans. It will begin with a discussion on selecting, growing and harvesting beans with Robert Olen, St. Louis County Horticulturist, and then Francois Medion, a local foods chef and farm manager for the Duluth Grill, will speak about creatively preparing and cooking beans. Following the presentation, participants will be able to sample bean dishes prepared by Francois and University of Minnesota Extension/St. Louis County Master Gardeners. The evening will conclude with a discussion on fall garden preparation and advice for getting ready for next year. This will include building soil fertility, soil testing, managing insects and weeds, and composting.

Participants will receive a resource and recipe book published specifically for this event. The program is presented by St. Louis County Extension and St. Louis County Master Gardeners. The workshop fee is \$22 per person, which includes food sampling and program materials. Pre-registration is advised as space is limited. Contact St. Louis County Extension at (218) 733-2870 or www.stlouiscountymn.gov/ext for more information and registration details.

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