



# Saint Louis County

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## NEWS RELEASE

### FOR IMMEDIATE RELEASE:

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### **Unique programs looks at the many ways gardening is good for you**

Gardening is a great way to produce healthy vegetables and fruits, but there are many other health benefits beyond the physical ones that come from working in a garden. With another great gardening season is about to begin, the St. Louis County Extension Office is hosting its annual Spring Gardening Extravaganza on Saturday, April 25. This year's theme will be Gardening and Your Good Health: Body, Mind and Spirit. This unique program will explore the many positive aspects of gardening including good nutrition, physical activity, intellectual challenges, beauty, harmony and peace.

The full day program will include keynote speakers on integrating body, mind and spirit into gardening, health benefits of your harvest and designing harmony into your landscape. Fourteen breakout sessions will cover a multitude of topics including yoga for gardeners, garden Feng shui, growing nutrient dense vegetables, bonsai basics, garden ergonomics and tools, plants for pollinators, butterflies and bees. There will also be traditional topics such as growing potatoes in the "year of the potato," growing asparagus, growing hardy shrub roses, growing the new hydrangeas, starting tomatoes and native plants from seed, creating a healthy soil and soil testing.

The event will be held at Hermantown High School. Registration begins at 8:15 am. A copy of the program is available online at [stlouiscountymn.gov/ext](http://stlouiscountymn.gov/ext) or by calling 218-733-2870. The program fee is \$38 for anyone who registers in advance, or \$40 at the door. A resource book, lunch and refreshments for all participants are included with that fee. Pre-registration before April 20 is recommended as space for breakout sessions is limited.

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