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FOR IMMEDIATE RELEASE

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Garden to Table Program Starts April 20, Learn to Grow Healthy Food

Brewster, NY—Almost every family fights the battle of fast food, picky eaters and too little time, and most do not eat adequate amounts of fruits and vegetables. Growing your own vegetables is an emerging trend that benefits health and often fosters increased willingness among children to taste fruits and vegetables, especially when they have hands-on involvement with the gardening. This month, the Putnam County Department of Health and Cornell Cooperative Extension are launching a new program called “Garden to Table.” Scheduled for Saturday, April 20, the morning workshop will offer tips on starting a vegetable garden and is suitable for families with or without much property in Putnam County. Information on preparing a small garden bed as well as container gardening will be available. Hands-on demonstrations will show how to build a raised garden bed, how to get the soil ready, and how to choose and plant tasty vegetables. There will be fun and games for children and a package of take-home surprises, including kid-friendly healthy recipes. The event runs from 10:00am to 12:30pm, at 1 Geneva Road in Brewster. Registration is required and there is a \$10 fee. An optional garden bed starter kit is available for \$45. For more information about this program, or to register, visit www.CCE.cornell.edu/putnam or call (845) 278-6738. Registration deadline is April 15.

For additional information on eating right and incorporating healthy lifestyle practices, please visit the Putnam County *Live Healthy Putnam* website at www.putnamcountyny.com/livehealthyputnam/index.htm

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