September 11, 2012

***Lettuce Grow*: Learn local food growing and gardening techniques**

Are you interested in growing your own food? Are you keen to learn more about gardening, farming and local food?

You can learn, share and help grow Campbell River's gardening and farming community by registering for an upcoming local food workshop. North Island College will offer a series of workshops this fall, starting on Saturday, Sept. 22 with a self-sufficient gardening tour that will teach tips and techniques for growing food.

Upcoming workshops include learning about mason bees, winter gardening techniques and plant propagation, soil and building a great garden, year-round organic vegetable growing, and hydroponics – the art of growing and maintaining plants indoors. Workshop participants will learn how to grow herb gardens, prepare the soil in their garden beds for gardening, grow organic winter vegetables and more.

"With Lettuce Grow*, we are aiming to provide an educational resource and to create more community around local agriculture. This will give people opportunities to learn and share about gardening, farming and food and increase backyard gardening, community gardening and farming in Campbell River and nearby communities,"* says Kira DeSorcy, Program Coordinator.

Workshop prices start at $15 and are held at various locations throughout the community, including North Island College Campbell River campus.

"The workshops are a great opportunity for community members to learn new gardening techniques and options for growing your own food year round. The Lettuce Grow program supports the City's Agriculture Plan, which seeks to promote local gardening and food production," said Councillor Larry Samson, Environmental Liaison.

For more information or to register for the workshops, visit www.nic.bc/continuingeducation and look up course codes GENI 7922 to 7927 or call Julia Peters at 250-923-9724.

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