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Date: Saturday, August 20, 2011

FOR IMMEDIATE RELEASE

The Gardens on Spring Creek launches the Family Gardening Program

The Gardens on Spring Creek has launched the Family Gardening Program, a pilot program funded by the Colorado Health Foundation, to give low-income families tools and knowledge needed to engage in a healthy lifestyle by growing their own fresh vegetables and preparing nutritious meals for their families.

The goals of this program are to:

- educate participants how to grow their own fresh vegetables;
- increase awareness of the importance of nutrition;
- provide instruction in the preparation of healthy meals;
- generate a healthy and active lifestyle; and
- encourage participants to become garden leaders in their own communities

Five families were selected to participate in this program. The program is free for participants and includes the use of a plot in the Garden of Eatin' at the Gardens on Spring Creek, seeds and transplants, gardening tools, gardening instruction, cooking classes, a nutrition class, and a food preservation class.

According to Mary Miller, Community Garden Outreach Coordinator at the Gardens on Spring Creek, "Bringing these families together in the garden setting has provided an amazing opportunity to empower, educate and extend valuable skills to each participant. Working together as a group to grow and utilize fresh food allows them to problem solve, collaborate, share, and be absolutely excited to discover the joys of gardening. Their appreciation for the opportunity has been inspiring."

This program is in keeping with the mission of the Gardens on Spring Creek, to improve the lives of people and improve environmental stewardship through horticulture.

For more information on the Colorado Health Foundation, see coloradohealth.org/

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About the Gardens on Spring

The Gardens currently includes a showpiece Plant Select® Demonstration Garden, a Children's' Garden, the Garden of Eatin', a Rock Garden, and the Xeric Parkway Strip. The Gardens supports school and community garden outreach programs in low-income areas; offers a school field trip program and youth summer camps for grade school students; provides year-round educational programs for all ages and interests in horticulture; and hosts several special events. Learn more about the botanical gardens at fcgov.com/gardens.

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