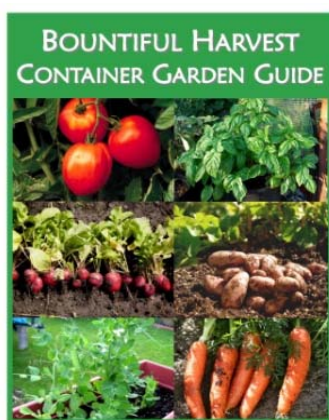


## NEWS RELEASE

**For Immediate Release**  
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**For Further Information Contact:**  
Megan Thompson 530-889-7350

### **Bountiful Harvest Container Garden Guide Available on UCCE Website**



University of California Cooperative Extension Nutrition BEST program, with the support of First 5 Placer County, has created a container gardening guide. The *Bountiful Harvest Container Garden Guide* was developed to help families start their own gardens at home. Gardening is much more than growing your own produce; it provides many additional benefits for you and your family. The garden is a hands-on classroom for the entire family. Gardening promotes a healthy lifestyle by helping the family become more active through watering, digging, and harvesting. It's a great way to encourage kids to try a variety of vegetables; kids often get very excited to try something they grew.

The guide includes a variety of information for gardening in different seasons, the basics to starting a container garden, and some troubleshooting tips. Gardening is a great activity to bring the family together and encourage children to be physically active while learning how to plant seeds, water, and tend to the plants. Take a look at the container garden guide today and start planning your garden.

*Bountiful Harvest Container Garden Guide* is now available as a downloadable PDF in both English and Spanish to everyone via the University of California Cooperative Extension Nutrition BEST website:

[http://ucanr.edu/sites/Nutrition\\_BEST/Bountiful\\_Harvest\\_Container\\_Garden\\_Guide/](http://ucanr.edu/sites/Nutrition_BEST/Bountiful_Harvest_Container_Garden_Guide/). Please use it as a tool to explore gardening and share with others. **Downloadable copies only.**

For more information please contact Megan Thompson, Community Education Specialist, at 530-889-7350 or visit us online at [http://ucanr.edu/sites/Nutrition\\_BEST/](http://ucanr.edu/sites/Nutrition_BEST/). The Nutrition BEST program is an effort of the University of California Cooperative Extension and is proudly supported by First 5 Placer County.



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