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# Cowlitz County Health Department

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County Health Department  
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## News Release

For Release on April 26<sup>th</sup> and May 3<sup>rd</sup> 2011  
Longview, WA 98632

### Grow Your Own Green Groceries

The Healthy Homes Program, Cowlitz on the Move Healthy Lifestyles Coalition and the Highlands Neighborhood Association are offering a FREE “Grow Your Own Green Groceries” presentation. This seminar will feature local gardening expert, Glen Andresen. He will offer various tips and tricks for growing a natural and low cost food garden. You can attend this FREE event on Wednesday, May 4, 2011 from 6:00 to 7:30pm at St. Helens Elementary School, 431 27<sup>th</sup> Avenue, in Longview. The presentation is open to the public with no need for registration.

Glen Andresen has been an avid gardener for many years and will share what he has learned from his own experiences. Mr. Andresen is a Master Gardener, a natural gardening educator since 1994, and the host of the 1-hour edible gardening show “The Dirt Bag” heard on community radio station KBOO (90.7 FM in Portland). He also writes “Ground View”, a monthly gardening column for The Portland Alliance newspaper.

Spring is finally here and many people are planting their own gardens or participating in community gardens. Evidence shows that certain gardening practices, such as using fertilizers, pest, or weed killers can cause serious health concerns. Gardening can be fun and rewarding for the entire family, so it can be helpful to learn easy and safe ways to grow your own food. Get free advice from a gardening expert and ask your gardening questions. Join us at St. Helen’s Elementary School on Wednesday, May, 4<sup>th</sup> at 6:00 pm for this informative gardening presentation.

The Healthy Homes Program works with residents to avoid the use of chemicals, and create a healthier home environment. The program offers easy, low-to-no cost tips for improving indoor air quality for anyone living in Cowlitz County. To learn more about Healthy Homes, or to volunteer with the program, call 360-414-5581 or visit [www.co.cowlitz.wa.us/health/ceha/MHE](http://www.co.cowlitz.wa.us/health/ceha/MHE). To learn more about healthy lifestyles and community gardening in Cowlitz County, visit Cowlitz on the Move’s website at [www.cowlitzonthemove.org](http://www.cowlitzonthemove.org) or the Highlands Neighborhood Association blog at <http://highlandsneighborhood.blogspot.com/>.

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