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FOR IMMEDIATE RELEASE

Benefits of Companion Planting Explained Saturday May 29th

Free Seed, Sow & Grow program hosted by Boston Natural Areas Network

BOSTON, MA, May 5, 2010 – Did you know that carrots grow better if planted next to lettuce and cucumbers thrive next to beans? Learning “companion” vegetables is an interesting tradition that can improve your garden plots.

The free **Companion Planting** workshop will take place on Saturday, May 29 from 10:00 a.m. – 11:30 a.m. at City Natives, 30 Edgewater Drive, Mattapan. Master Urban Gardener Lisa Vaas will explain how plants interact on a number of biological and ecological levels, some beneficial and others not. Learn companion planting concepts to help organize your garden plants to enhance your gardening experience and improve your harvest. Participants will participate in hands-on planting; dress appropriately. The program **requires registration** by calling the Boston Natural Areas Network at 617-542-7696.

Companion Planting is part of the Boston Natural Areas Network *Seed, Sow & Grow* horticultural series which is free and open to the public and presented April through October by BNAN staff, invited guests, and graduates of BNAN’s Master Urban Gardener program. For a schedule of *Seed, Sow & Grow* workshops, call BNAN at 617-542-7696 or visit www.bostonnatural.org.

Boston Natural Areas Network is a non-profit organization dedicated to bringing together local residents, partner organizations, public officials and foundations to preserve, expand and enhance urban open space, including community gardens, greenways and urban wilds. For further information about the organization, becoming a member or the calendar of events, visit www.bostonnatural.org, or call

617-542-7696.