



CONTACT: Joanne Stanway
PR Consultant
978-250-7277
Joanne@StanwayPR.com

BNAN
617-542-7696
www.bostonnatural.org

FOR IMMEDIATE RELEASE

Benefits of Companion Planting Explained May 23rd

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

BOSTON, MA, March 18, 2009 – Did you know that carrots grow better if planted next to lettuce and cucumbers thrive next to beans? Learning “companion” vegetables is an interesting science that can improve your garden plots.

Part of the Boston Natural Areas Network horticultural series *Seed, Sow & Grow*, the free **Companion Planting** workshop will take place on Saturday, May 23 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, come beneficial and others not. Learn companion planting concepts to help organize your garden plants to enhance your gardening experience and improve your harvest.

The *Seed, Sow & Grow* horticultural series 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.