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FOR IMMEDIATE RELEASE

Extend Your Growing Season

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

BOSTON, MA, September 6, 2011 – Don't stop now! You grew a great summer garden and now is the time to extend that harvest deep into the fall. Part of BNAN's horticultural series Seed, Sow & Grow, **Extending Your Growing Season** will take place on Saturday, September 24 from 10:00 a.m.– 12 noon at the City Natives, 30 Edgewater Drive, Mattapan. You will learn how to grow cool season vegetables through the fall and into the winter. We will demonstrate inexpensive ways to combat cold temperatures with low tunnels, cold frames and mulch. **Registration is required.**

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. To register or 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.

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