

For Immediate Release

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Contact: Dwayne T. James, *County Engagement Specialist*
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The St. Louis County Extension office is pleased to offer a Sustainable Garden and Kitchen Seminar. This seminar will feature key practical information and demonstrations on living a sustainable lifestyle in an urban setting. You will learn how to save precious time by meal prepping, make delicious meals with the summer produce, have the best lawn in the neighborhood, and more! Check in is at 8:30 a.m. Matt Lebland will begin the seminar by discussing Edible Landscaping at 9:00 a.m. Lunch will be provided from 11:30 a.m. to 12:15 p.m. Lunch is included with the cost.

Seminar topics include:

- Vermi-Composting
- Pollinator Garden
- Fermentation
- Understanding your Soil for Garden & Lawn Success
- Ins & Outs of Incorporating the Natives
- So Easy to Preserve
- Keep it Safe! Pest Control for the Home Garden
- Brewing 101
- Basics of Home Canning

Sustainable Garden and Kitchen Seminar Details:

- **When:** Saturday, October 5, 2019 from 9:00 a.m. to 3:30 p.m.
- **Where:** Eliot Unitarian Chapel (100 South Taylor Avenue, Kirkwood, MO 63122)
- **Cost:** \$75/person (Includes lunch)
- **Presenters:** Various specialists from our office, as well as many other experts in the varying fields.
- **Register:** Call 314-400-2115 or **[REGISTER HERE.](#)**

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