

FOR IMMEDIATE RELEASE

The Green Barn Launches Green Living Series - Root Cellar Workshop

ANNAPOLIS ROYAL, Nova Scotia (March 25, 2010) – Local sustainably grown fresh fruits and vegetables can be as close as your root cellar! That’s the thinking behind the launch of the green living series and the **Root Cellar Workshop** being held this April at **The Green Barn** near Annapolis Royal. This workshop will include planning and building a root cellar, planting root cellar crops, and preparing fruits and vegetables for storage. A local tour has been organized to give participants a “hands on” feel for different root cellar types.

“Planning and planting a root cellar garden is an excellent way to extend the season,” says Carla Emin, owner of The Green Barn. “A root cellar allows you to preserve your garden’s surplus and avoid the environmental costs of transporting produce long distances, slowing down that big boat from China, so to speak.”

Sylvain Pilon of The Green Life Farm facilitates the workshop. He has lived without refrigeration for more than a decade in both tropical and cold climates and wants to share his root cellaring experiences and the important elements of root cellar construction. “A root cellar is a simple low-tech low-energy solution that fits well with the ‘buy local’ philosophy,” says Mr. Pilon. “You can build it yourself with local materials and easily store several months’ worth of vegetables from your garden or local farmer’s market while avoiding the time consuming task of canning.”

Bonnie Kerr-Pilon has shared the joy of eating ‘fresh’ throughout the winter with her husband. “You discover a world of tastes and relationships,” she says, “that deepens your connection with your local environment.”

The Green Barn plans to host several other ‘green living’ events according to Carla Emin. “We want to offer workshops on preserving foods, alternative energy sources, and living sustainably, to name a few.” Her partner, Jim Dale, adds, “In our own way we are trying to respect the Earth by walking with a smaller ecological footprint, and we want to support others along that path.”

The Green Barn is a promoter of sustainable living practices. The retail store has strict criteria ensuring that all products are recycled or made locally using recycled or renewable resources. All food items are made with natural ingredients and garden produce is organically grown when available. The Green Barn is located at 5469 Hwy. 1, Granville Centre, Nova Scotia, B0S 1K0.

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