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FOR IMMEDIATE RELEASE:**Wild Oats Market to Offer Workshop on Green Gardening on April 28, 6-7:30 pm**

Williamstown, MA, March 29, 2011. Get ready to garden! Wild Oats Market, a cooperatively-owned business focusing on local and organic foods, is offering a gardening workshop on Thursday, April 28, from 6-7:30 pm. Workshop leader Linda Wagner is a local garden coach and supervisor of the Childrens' Garden at the Williamstown Elementary School. Ms. Wagner is also leading a five-week gardening class, taking place in Williamstown from April 16-May 28, as part of the Williamstown COOL Committee's *In My Backyard* Environmental Series.

Ms. Wagner's evening workshop at Wild Oats Market, called *Living Lightly: Green Gardening*, is appropriate for beginning gardeners; anyone who wants a quick refresher on green gardening; and anyone who has specific questions or is looking for tips on how to cultivate a beautiful, environmentally friendly, well-balanced garden. It will cover all the basics of starting a garden, including soil preparation; digging a new bed and making a raised bed; plant selection; crop rotation; sourcing plants (buy or grow); and maintaining your garden. The instructor will emphasize the importance of creating a garden ecosystem that is good for the plants, the gardener and the planet; and will show participants how to do this. Participants will leave the class with a better understanding of plant life and cultivation methods that will result in a garden that is aesthetically pleasing, environmentally friendly, and worthy of the title "Green Gardening", along with plenty of handouts and at least one seedling started by the workshop leader. Please bring your gardening questions to the workshop.

Cost for the workshop is \$8/Wild Oats members and \$10/non-members. Please pre-register for the workshop by calling (413) 458-8060 or emailing marketing@wildoats.coop. Space is limited.

Wild Oats Market is a member-owned, cooperative-based whole foods market specializing in local and organic products. One need not be a member to shop at Wild Oats, although membership offers several benefits. The market carries a wide selection of organic and naturally-made products, including: meats, eggs, dairy products, fruits, vegetables, breads, pastas, oils, cereals, juices and chocolate. In addition, the store offers a hot foods bar, a fresh grab-and-go deli, and breads, rolls and pastries freshly baked on-site. Wild Oats Market also carries natural supplements and personal care products, as well as environmentally-friendly household supplies. The co-op is located at 320 Main Street in Williamstown.

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