

# LET'S TACKLE CLIMATE CHANGE BY GETTING YOUR GARDEN GROWING!

PLEASE JOIN US FOR A SERIES OF FREE WEBINARS WITH OUR DOWN-TO-EARTH EXPERTS.

Your garden holds so much promise. Not only to grow nutritious food but to be a great ally to tackle climate change.

Join us as we learn the how-to's for a great veggie-growing season while also doing our part for the health of our planet: a calmer climate, cleaner water, richer biodiversity and a more sustainable future.

**Wednesday March 8<sup>th</sup> @ 7pm EST**

**5 Ways to Eat More Great Food From Your Garden This Year**

Steven Biggs

*Author and Veggie Gardener Extraordinaire  
The Food Garden Life Show*

**Wednesday March 15<sup>th</sup> @ 7pm EST**

**Recruiting Soil to Tackle Climate Change:  
The 5Cs of Soil Health**

Glenn Munroe

*Soil Health and Compost Advocate  
The Compost Council of Canada*

**Wednesday March 22<sup>nd</sup> @ 7pm EST**

**Science on the Fly:  
Exploring the Fascinating World of Insects**

Lauren Des Marteaux, Ph.D.

*Field Crop Entomologist  
Science and Technology Branch  
Agriculture and Agri-Food Canada / Government of Canada*

All sessions are free, thanks to the great community support from PACIFIC FOODS.

**Visit [www.growarow.org](http://www.growarow.org) to register.**