



801 E. Front Street, Traverse City, Michigan 49686
www.grandtraverse.org/scn

231-922-4911

FOR IMMEDIATE RELEASE

Date: Wednesday, March 21, 2016

Contact Person/Title: Ericca Hovie, Program Coordinator

Phone/Email: 231-922-4911/ehovie@grandtraverse.org

Subject: Container Herb Gardening Made Easy

On Tuesday, April 5, at 4 p.m., Barb Wunsch, co-owner of Peak Season CSA, will be at the Senior Center in Traverse City to show older adults how to grow small container herb gardens. Each participant also will receive an herb plant to help get started.

Said Wunsch, "Herbs can be expensive in the grocery stores. It is far more economical and resourceful to have pots of herbs growing on close by that are available, as needed."

Fresh herbs provide outstanding flavor and are an excellent enhancement to summertime produce. "The best way to learn is by doing," says Wunsch "and we have decided to offer an opportunity to do just that."

Peak Season CSA is a local fifth- and sixth-generation farm and garden on Old Mission Peninsula. The family takes great pride sharing its locally grown produce with members of the Grand Traverse community. The food is grown locally, handled minimally, and delivered by the farmers who planted it. A "CSA" is a "Community Supported Agriculture," an agricultural movement that encourages small farm preservation and profitability by directly linking local growers with community members. Peak Season CSA still has shares for 2016 available, and one convenient pick-up location is the Senior Center in Traverse City. Visit peakseasoncsa.com for more information about purchasing a share.

Advance registration and payment of \$5 is required for "Herb Gardening Made Easy". For more information, call 231-922-4911.

Lori Wells, Manager

Grand Traverse County Senior Center Network

801 East Front Street, Traverse City, Michigan 49686

231-922-4911

The Senior Center Network is part of the Grand Traverse County Parks and Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday through Friday from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit our website or Facebook page.



801 E. Front Street, Traverse City, Michigan 49686
www.grandtraverse.org/scn

231-922-4911

###

The Senior Center Network is part of the Grand Traverse County Parks and Recreation Department. The Network provides many programs to older adults in Grand Traverse County with locations in Traverse City, Acme, Fife Lake, Interlochen, and Kingsley. Thousands of adults enjoy dozens of activities on a daily basis. Business hours are Monday through Friday from 8 a.m. to 5 p.m. For more information, call 231-922-4911, or visit our website or Facebook page.