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FOR IMMEDIATE RELEASE

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First Ever Redland GrowFest! to Celebrate Organic Farming

Redland, Fla. –The first ever Redland GrowFest! launches on the weekend of October 13 and 14, 2012 at the Redland Fruit and Spice Park. The festival is a fundraiser for Florida Organic Growers & Consumers (FOG) and there will be several screenings of "What's Organic About Organic?", an indie documentary about the organic movement. In addition, there will be a huge sale of organic heirloom tomato and vegetable seedlings, and lectures and demos from the Miami-Dade County Extension Office to give gardeners extra know how.

Local organic farmer Margie Pikarsky, owner of Bee Heaven Farm is organizing this event. "GrowFest! 2012 is about connecting the dots between the farm or garden and the dinner table," Margie said. "It's about providing the knowledge and materials to grow, forage, buy, prepare, and eat good, local, seasonal food. The mission of the festival is to engage, encourage and provide you with knowledge you need to raise your own food. Visitors will gain a better appreciation of what it takes for our farmers to produce the food we all eat. We'll whet your appetite for the best and freshest produce."

FOG will show indie Filmmaker Shelley Rogers' indie documentary, "What's Organic About Organic?" which tells the story about how organic farming began as a rebel hippie thing and grew to become a national standard for certification. Several screenings are scheduled throughout the weekend, and each will be followed by Q&A with Marty Mesh, FOG Executive Director, and FOG staff. FOG is the educational arm of QCS, a Gainesville-based USDA-accredited agency that certifies many of the organic farms in Florida.

Visitors will have a bonanza of organic vegetable seedlings to choose from for their home gardens. Over 80 varieties of heirloom tomatoes, eggplants, peppers, basil, arugula, chard, kale, Asian greens, and perennial herbs like garlic chives, curry leaf, and lemongrass will be offered by Bee Heaven Farm, a certified organic grower. Always a popular vendor at Fairchild Tropical Garden's Edible Garden Festival, farmer Margie promises that this year's seedling sale will be bigger and better than ever at the new location. Other vendors and exhibitors will provide starter plants and trees, plus growing and gardening supplies.

Cooking demonstrations, great door prizes and healthy eats are among the other offerings you'll find at this fun event that brings the spotlight to the Fruit & Spice Park, a hidden jewel in the Redland agricultural area of South Dade.

Admission is \$10 for adults, and children under 12 are free. Admission includes raffle tickets for a chance at daily door prizes. Discounted tickets at \$8 are available for advance purchase through October 8 online at BrownPaperTickets.com. <http://tinyurl.com/GFTickets> Whole Foods Market and Urban Oasis Project are major sponsors of GrowFest! 2012. Call 305-247-8650 or email GrowFest@beeheavenfarm.com at least 7 days in advance to request materials in accessible format, a sign language interpreter and for information on access for persons with disabilities.

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