



937 Leonidas Street,
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For Immediate Release

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**Beds & Breakfast (OK, It's Lunch, Really):
An Organic Gardening Workshop and Greening of Mat & Naddie's**
Mat & Naddie's and Anne Baker are hosting a day of learning and digging!
Sunday, April 18th, 2010 from 9 a.m. to 3 p.m.
*@ Mat & Naddie's Restaurant, 937 Leonidas Street (where Freret meets the River),
New Orleans, LA 70118*

Mat & Naddie's and local organic gardening guru Anne Baker are hosting a day of sustainable gardening education and gloves-on work! Mat & Naddie's Restaurant grows its own organic fruit, vegetables and herbs for use in the kitchen while actively utilizing sustainable practices in maintaining them. This workshop is held to share growing knowledge with the community and expand the ever-growing gardens.

Attendees of the event will get information and experience that will provide them with confidence to go to their own yards to begin an organic garden. Workshop goers will be involved in constructing and planting new garden beds and healthy container gardens using seasonal flowers, herbs and vegetables for NOLA's spring and summer weather. Topics covered will include rainwater cisterns, seed starting, composting with earthworms, soil health, and organic products to make organic gardening easier. Attendees will enjoy breakfast snacks and a lunch of delicious New Orleans food from the kitchen of Mat & Naddie's prepared by chef and restaurant owner, Steve Schwarz, and his talented kitchen staff.

"This is bound to be fun and delicious!" says Anne Baker, the educator for the event. "The workshop will really give folks a head start on organic growing skills. Getting your hands in on the action with guidance is a good way to gain the inside tips, shortcuts, and confidence in your 'greening' skills. After this class, rolling up your sleeves and putting together your own sustainable garden at home will be simple!" An Orleans Parish Master Gardener, Anne Baker, a professional farmer, has been teaching organic gardening for over 10 years in New Orleans.

The *Beds & Breakfast (OK, It's Lunch, Really): An Organic Gardening Workshop* is priced at \$45 per person, and will cover the education and food.

For more information about the event or to enroll please call (504) 861-9600 email info@matandnaddie's.com or go to <http://www.matandnaddies.com/web/news.asp#Garden> for general information.

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