



## **NEWS RELEASE**

**April 21, 2017**

FOR IMMEDIATE RELEASE

Seed Library coming to Lawrencetown and Berwick

**Berwick, Nova Scotia:** Looking for a family project that leads to healthy food choices and sustainable communities? Need seeds to finish planting your vegetable garden? Is growing vegetables new to you? We can help.

Starting Tuesday, May 2 nd, the Dr. Frank W. Morse Memorial Library in Lawrencetown and the Berwick & District Library are inviting the public to stop by and pick up a free packet of seeds, complete with planting instructions. All you have to do is browse the packets, show us your library card and easy peasy you get a packet of seeds, kindly donated by Annapolis Seeds, Hope Seeds, Paul Gregory: organic backyard gardener, and Twisted Brook.

Gardening is known to have substantial health benefits in terms of physical activity and mental well-being. So get out there and dig in!

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**For more information contact:**

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