

## Maryland's First Lady Katie O'Malley to Kick Off "Grow It Eat It Campaign" to Encourage Backyard Gardens

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A News Release from the Office of Maryland First Lady Katie O'Malley  
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ANNAPOLIS, MD (April 21, 2009) – First Lady Katie O'Malley will celebrate National Gardening Month and Maryland Grow it Eat it Month by planting a food garden at Government House. First Lady O'Malley will be joined by beginner gardeners who will learn basic techniques of gardening from Maryland's Master Gardener Coordinator, Jon Traunfeld.

"April is National Gardening Month, Earth Month, and Governor O'Malley has also declared April to be Maryland Grow it Eat it Month," said First Lady O'Malley. "In celebration, and together with the University of Maryland, I encourage all Maryland families to plant their own garden to save money, to eat healthy, and to protect our environment."

First Lady O'Malley has partnered with University of Maryland Cooperative Extension to promote their new campaign, "Grow It Eat It," which encourages Maryland families to improve health and save money by growing fresh vegetables, fruits and herbs using sustainable practices. The campaign hopes to encourage 1 million Marylanders to produce their own affordable, healthy food. More information on the campaign and the University of Maryland's Master Gardener program can be found at [www.growit.umd.edu](http://www.growit.umd.edu).

Maryland will be one of the first states, if not the first state in the nation, to have a backyard food garden at the Governor's home. The vegetable garden will set a realistic example of what Maryland families can do in their own backyards.