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FOR IMMEDIATE RELEASE

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Raking out a Healthy Future

The Sacramento County Fair's "Garden in a Wheelbarrow" Plants Awareness in Children

SACRAMENTO (May 13, 2010)- The Sacramento County Fair gives children an opportunity to get a hands-on experience designed to plant the seeds of knowledge about California's agriculture industry. With hundreds of 4-H and FFA livestock exhibits, a petting zoo and the 14,000 square foot "Sunflower Saddle Ranch" dedicated to activities based on ranch life, kids also get to dig into their agricultural appetites with gardens in wheelbarrows.

"By learning where our food comes from, younger generations can feed their desire to learn, and hopefully, give a green, thumbs up to making healthy choices," said T.J. Plew, Manager of the Sacramento County Fair.

Classrooms participating in the "Garden in a Wheelbarrow" program in Sacramento County have been provided the needed supplies including seeds, soil and a wheelbarrow to grow their very own gardens. Along with the basics to get started, teachers are given educational materials to conduct suggested activities that meet California's school curriculum guidelines. This year, more than 90 wheelbarrow gardens are expected to be on display during the run of the Fair. The exhibits will be judged by Master Gardeners from the Sacramento County U.C. Cooperative Extension Master Gardener Program. The scores will be based on the overall educational experience, and a cash reward will be presented to the top three classrooms. Afterwards, the wheelbarrows will be on display during the run of the Fair.

An avid gardener and chef for 30 years, Betsy Hite of "Elegant and Easy Gourmet" will conduct cooking demonstrations using produce from the gardens. Chef Betsy will demonstrate shortcuts to using fresh herbs and vegetables in preparing healthy and tasty meals in about the same time it takes to bake a frozen meal from the store. Hite has appeared as a guest chef on many local newscasts, and appeared in the debut episode of a new DIY Network show on California gardening. Demonstrations are scheduled May 27 at noon, and May 28 at 11 a.m. on the Building C Stage.

For more information about the Sacramento County Fair call 916-263-2975. You can also go log on to www.SacFair.com or visit www.facebook/sacofair.com and type in the keywords "Sacramento County Fair." The Sacramento County Fair is May 27 – 31, 2010.

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