

REMINDER

Exciting things are happening! Not only are there still native plants available to pre-order from LOWA's spring plant sale, there will be 3 seminars being presented for your pleasure and education.

3pm "Yoga for the Gardening Body" by Linda Dillman

"Come learn several simple yoga stretches to keep your knees, back and whole gardening body happy."

3:45pm "Tending the Garden of The Body" by Elizabeth Barrett

"As you take care of your garden, do you know how to take care of yourself? This talk will focus on ways to prevent and treat common injuries, pains, or strains experienced by gardeners. Come learn more about natural ways to tend the garden of the body!"

4:30pm "Sourcing and Planting Native Seeds" by David Klamm

"Come learn simple and easy techniques to start native seeds along with ways to source seeds for germination to attract your favorite pollinators."

There are still lots of plants to choose from. Check out the attached list

Remember—the deadline to order is **April 19** and there will be extra plants available on site for you to peruse.

Preorder sale price is \$5.50.
(Price on site is \$6.00)

Additionally, Gaylena's Garden will have a booth on-site with additional native plants available.



**Order by emailing billington47@gmail.com
Please pre-order by April 19th**

**Wednesday May 1st
Sunrise Beach Fire Station
Plant Pick-up after 3pm**