



**\*\*\* FOR IMMEDIATE RELEASE \*\*\***

On Saturday, May 11 from 12 – 4 PM Great Greens Farm Market will be holding it's annual Spring Fling event at the store in Cowichan Bay!

"There will be great activities for kids including: cookie decorating, creating a little planter for Mom for Mother's Day and registering for our Annual Pumpkin contest by taking home a pumpkin start and returning in the fall with the pumpkin to win a prize!" said Tanya Kleider, Great Greens Store Manager.

"We have some great things planned for parents and adults too so they don't feel left out! There will be sampling from many of our local artisan producers, a BBQ sponsored by our neighbour, Island Farmhouse Poultry, in support of Northwest Wildlife Preservation Society, a nutritionist on site to talk about cooking delicious healthy foods and our "Ever Adaptable Kale Salad " Workshop!

To add to the fun, Cowichan Liquor Store will also be holding tastings at the store on May 11th.

Great Greens Farm Market and Cowichan Liquor Store are both located at 4485 Trans Canada Hwy at the intersection of TCH & Koksilah Rd on the way out to Cowichan Bay in the Crossroads Center Shopping Complex.