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For Immediate Release

Produce Price Hikes Spur Home Gardening Boom



Saving money has never tasted so good.

TORONTO, ON – March 19, 2011 – “Recent radical changes in worldwide weather patterns have resulted in crop damage which means higher produce prices,” says Jeff Howe, president of Fernlea Flowers nursery. “Civil unrest and leadership changes in the Middle East mean rising oil prices and higher fuel costs to deliver our food. One way to beat the spiralling cost of store-bought produce is to create your own herb and vegetable raised garden or patio container garden. In addition to saving money, eating fresh, home-grown herbs and vegetables delivers a healthy bonus of extra vitamins and antioxidants to your diet.”

Howe also says that “If you’re a seasoned gardener or just starting to flex your ‘green thumb’, you can grow herbs and vegetables just about anywhere. A backyard or patio produce department cuts costs and boosts your family’s intake of essential nutrients.”

You can build a backyard raised garden with rot-resistant cedar planks or stones in as small a space as 4 feet by 6 feet. Even if you only have a small patio or balcony, all you need are a few containers to get growing. Howe adds, “Bonnie Plants herb and veggie seedlings in biodegradable pots are offered by your local garden store or nursery. Just add your sunny garden location and some quality planting soil, and then you’re on your way to a successful harvest.”

It’s common knowledge that our bodies need antioxidants for good health, but it may surprise you to know that just one tablespoon of freshly picked oregano contains the same amount of antioxidants as a medium sized apple. Including fresh herbs is a calorie-free way to add flavour and health benefits to any dish.

“This season, anyone can have an instant garden,” says Howe. “Growing assorted variety packs of tomatoes or peppers mean you can enjoy a sampling of all the hardy favourites. New this year, the Bonnie Plants ‘6-packs’ include the most flavourful varieties of these popular vegetables—all of which can successfully flourish even in patio containers. All of our seedlings feature 100 per cent biodegradable planting pots that are ready to place directly into your garden soil. If you haven’t yet taken the plunge into home gardening, Bonnie Plants seedlings make it easier than ever before.”

For more information on how to build a raised garden, grow and care for your seedlings, and descriptions of each of the varieties of herbs and vegetable seedlings available, visit www.bonnieplants.ca. While on the website you can also click on the Garden Centre Locator to find out when fresh Bonnie Plants seedlings will be arriving at your neighbourhood retailer. Howe adds, “As a third generation nursery owner I’m passionate about gardening, and it’s my hope that more people can experience the joy and healthy rewards of home gardening.”

About Fernlea and Bonnie Plants

Fernlea is an owner-operated North American grower and supplier of high quality garden plants headquartered in Delhi, ON. Founded in 1939, it is now one of the largest suppliers of garden plants in North America. In addition to supplying bedding plants, Fernlea offers innovative branded products such as Icicle Pansies, Pansyonium, Awesome Accents and more and can be viewed at www.fernlea.com. Fernlea is the sole distributor of Bonnie Plants in Canada (www.bonnieplants.ca) which until 2010 had only been available in the United States. A national American plant wholesaler since 1918, Bonnie Plants is headquartered in Alabama and supplies retail stores across the United States.



Bonnie Plants (Fresh vegetables and herbs)

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