

News Article  
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#### Grow Your Own Shortcourse

With the large increase in the price of gasoline, many folks are looking for ways to save on their fuel bill. At the same time, food prices are increasing at the grocery store. One solution is to go back and do some of the things our parents used to do – grow your own. Now I'm not suggesting everyone quit their day jobs and live off the land, but there many things we can grow for ourselves. This can have several benefits, including saving money, fresher products, a safe food supply, and the health benefits of working outside in the garden or raising some type of livestock.

The Coosa Extension Office will be hosting a series of classes or workshops on topics that may be of interest to those who would like to - grow your own. Some of the topics may include: backyard poultry, home vegetables, catfish production, raising beef for the freezer, raising goats, fruit production, raising rabbits, and growing trees for lumber. The "Grow Your Own" Workshop Series is being planned for this fall to begin in mid September. A pre-registration fee of \$5 per class will be charged, so individuals can sign up for just the classes in which they have an interest. Classes with low registration may be cancelled.

All classes will be presented in the evening from 6:00 till 8:00 p.m. at the 4-H Club House in Hanover. Registration forms are available at the Coosa Extension Office in Rockford or call us at 256-377-4713 and we will mail you a registration form. Registrations will be accepted until the classes are full. The first class, "Raising Backyard Poultry", will be held on September 22, 2008, so sign up now for this and other classes and start growing your own.