

GROWING A
greener
WORLD



Growing a Greener World Television Series:

Entering its second season in 2011, Growing a Greener World is a groundbreaking series that delivers the latest trends in eco-friendly living mixed with traditional gardening know-how to a 21st-century audience. The series attracts and inspires viewers of all ages with stunning HD video, a fresh and engaging style, and always a compelling story. Each episode features the people, places and organizations, that are making a difference in our world today by raising awareness and influencing others to better stewardship of the environment we all share. Growing a Greener World is nationally distributed through American Public Television and presented by UNC-TV.

Each episode of Growing a Greener World appeals to traditional television audiences visually, stimulates their intellectual curiosity and inspires with a variety of hands-on projects. At the same time, GGW will innovatively connect to the younger, non-traditional Public Television viewer with relative issues that matter most to them. Social media personalities will join the conversation, along with additional on-demand content through our robust and interactive website, blogs, podcasts, YouTube, social networks Facebook and Twitter, and downloadable videos that viewers can access anytime on mobile devices.

Combining the expertise and engaging styles of veteran television host and nationally-recognized authority on gardening and sustainability, Joe Lamp'l, a.k.a. Joe Gardener, with the fresh and "Most Watched Gardening Personality on the web," Garden Girl Patti Moreno, along with celebrity chef Nathan Lyon, each episode will be compelling, inspirational, informative, and entertaining.

Raising the bar in 2011:

At the conclusion of season one, the Growing a Greener World production and creative team met over several days to analyze and discuss the results of a national survey distributed to our viewers. Our goal was to take what was working well and make it better, while identifying more of what our viewers wanted to see that we could add to the lineup for season two. After filtering through the many responses that said; "We love everything about the show, don't change a thing", we still saw opportunities for exciting enhancements.

As we continue to travel the country to tell compelling and inspiring stories, we'll include a lot more segments from our new, home-based garden and kitchen. With such a high interest in growing, cooking and preserving the bounty, expect to see a lot more of Joe Lamp'l in DIY style, how-to segments about organic gardening and growing your own food from the ground up. Chef Nathan Lyon gets out of the kitchen a lot more to join the team on the road and in the garden, and Master Food Preserver Theresa Loe, takes on one of the hottest topics today as she demystifies how to can and preserve fruits and vegetables in her engaging, contemporary and upbeat style.



Our On-camera Talent

Executive Producer and Host: Joe Lamp'1

Joe's infatuation with gardening and nature began as a child. After a run-in with his parents' favorite shrub, he panicked and jammed the broken branch into the ground. A few weeks later, it had taken root. Joe was not only relieved; he was also hooked on horticulture.

That passion is evident to a nationwide audience who has watched Joe host the popular series, *Fresh from the Garden* on DIY Network and *GardenSMART* on PBS. As one of the country's most recognized and trusted personalities in gardening and sustainability, Joe shares his expertise on NBC's *TODAY SHOW*, ABC's *Good Morning America*, *The Victory Garden* on PBS and more.

Off-camera, Joe is founder and CEO of The joe gardener® Company, devoted to eco-friendly gardening and sustainable outdoor living. Joe is deeply committed to "growing a greener world" through his acclaimed books, his popular blog and podcasts, and a nationally syndicated newspaper column. His knowledge and passion combined with his down-to-earth approachability have earned him a considerable and loyal following.

Through his varied roles as a sought-after gardening and sustainability expert and communicator, Joe is well positioned to share important, useful information with millions of viewers to help them develop a better understanding of gardening, environmental stewardship, and living a more eco-friendly life.



Co-host: Patti Moreno

Patti is a lifelong city girl who started gardening in 1998 as a way to eat healthier and lose some post-pregnancy weight. Her frequent shopping trips to her local gardening supply store earned her the nickname "Garden Girl" from one of the store's salespeople. Eventually, Patti transformed the backyard of her Boston home into an in-town garden that now produces almost all of the food her family eats and has become a focal point within her inner-city community.

Working tirelessly to promote her concept of Urban Sustainable Living, Patti is a contributing editor to Fine Gardening's *GROW* magazine, a columnist for *Organic Gardening Magazine*, a contributor for *Farmer's Almanac*, and host of the PBS series *Farmer's Almanac TV*. In addition, she has her own product line that has been named Best Retail Product by two nationally-recognized garden trade shows.

Using her popular moniker, "The Garden Girl," Patti hosts an Internet video series at gardengirltv.com, earning the rank of Most Watched Garden Host on the Web by Tube Mogul.





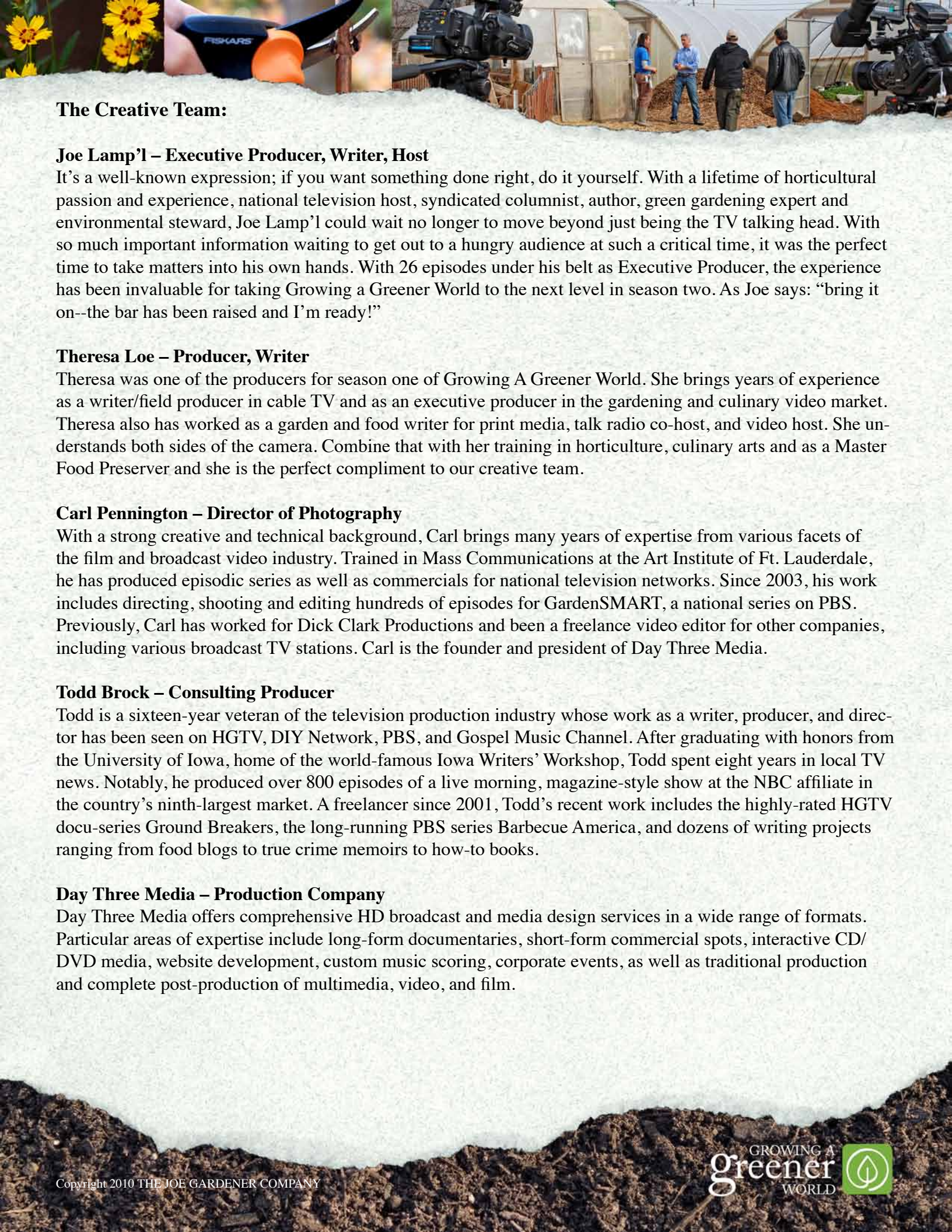
Chef: Nathan Lyon

Chef Nathan Lyon is known to viewers across the country for his simple, innovative cuisine featuring fresh, local ingredients. Among the final four on the second season of *The Next Food Network Star*, he is the chef and host of *A Lyon in the Kitchen* (Discovery Health and Fit TV) and appears as a guest chef / expert on *Home Made Simple* (TLC) and *Real Simple Real Life* (TLC). Nathan holds a Culinary Arts Degree from Le Cordon Bleu. He has cooked for the Inspector General, numerous non-profit organizations, and has worked with local growers in California farmers markets for almost a decade. Blending grassroots and gourmet, Nathan believes that great meals make great neighbors

Theresa Loe – Canning and Preserving Expert

Theresa knows how to capture the flavors of fresh, seasonal produce and preserve them in a jar. She studied horticulture and culinary arts at UCLA, is trained as a Certified Master Food Preserver and has a BS degree in engineering. By combining her unique skills, Theresa appears periodically throughout the season as she demonstrates the fun and versatility of canning while explaining the science behind the techniques. She eliminates the fear and proves that preserving can be hip and chic. Theresa is also an expert in small space gardening, urban homesteading and educational school gardens. She has worked as a garden columnist, book author, a talk radio co-host, video host and producer. Her website, *Living Home-grown Fresh*, is dedicated to living locally and sustainably through gardening and canning.





The Creative Team:

Joe Lamp'1 – Executive Producer, Writer, Host

It's a well-known expression; if you want something done right, do it yourself. With a lifetime of horticultural passion and experience, national television host, syndicated columnist, author, green gardening expert and environmental steward, Joe Lamp'1 could wait no longer to move beyond just being the TV talking head. With so much important information waiting to get out to a hungry audience at such a critical time, it was the perfect time to take matters into his own hands. With 26 episodes under his belt as Executive Producer, the experience has been invaluable for taking Growing a Greener World to the next level in season two. As Joe says: "bring it on--the bar has been raised and I'm ready!"

Theresa Loe – Producer, Writer

Theresa was one of the producers for season one of Growing A Greener World. She brings years of experience as a writer/field producer in cable TV and as an executive producer in the gardening and culinary video market. Theresa also has worked as a garden and food writer for print media, talk radio co-host, and video host. She understands both sides of the camera. Combine that with her training in horticulture, culinary arts and as a Master Food Preserver and she is the perfect compliment to our creative team.

Carl Pennington – Director of Photography

With a strong creative and technical background, Carl brings many years of expertise from various facets of the film and broadcast video industry. Trained in Mass Communications at the Art Institute of Ft. Lauderdale, he has produced episodic series as well as commercials for national television networks. Since 2003, his work includes directing, shooting and editing hundreds of episodes for GardenSMART, a national series on PBS. Previously, Carl has worked for Dick Clark Productions and been a freelance video editor for other companies, including various broadcast TV stations. Carl is the founder and president of Day Three Media.

Todd Brock – Consulting Producer

Todd is a sixteen-year veteran of the television production industry whose work as a writer, producer, and director has been seen on HGTV, DIY Network, PBS, and Gospel Music Channel. After graduating with honors from the University of Iowa, home of the world-famous Iowa Writers' Workshop, Todd spent eight years in local TV news. Notably, he produced over 800 episodes of a live morning, magazine-style show at the NBC affiliate in the country's ninth-largest market. A freelancer since 2001, Todd's recent work includes the highly-rated HGTV docu-series Ground Breakers, the long-running PBS series Barbecue America, and dozens of writing projects ranging from food blogs to true crime memoirs to how-to books.

Day Three Media – Production Company

Day Three Media offers comprehensive HD broadcast and media design services in a wide range of formats. Particular areas of expertise include long-form documentaries, short-form commercial spots, interactive CD/DVD media, website development, custom music scoring, corporate events, as well as traditional production and complete post-production of multimedia, video, and film.



Viewer Testimonials – Season One

Growing A Greener World is Must See TV.. Joe's impeccably produced, lusciously filmed HD video, 30-minute weekly show is a top-notch visual treat, but it's the content that has me so excited. What I love most about this show is how seamlessly it's been integrated into the web, including not only a robust website filled with additional information, but also linked to Facebook, Twitter, Joe's personal blog and other media—truly a clever use of 21st century communication technology that will draw the attention of a younger audience ripe for the message of sustainable landscaping. Joe Lamp'l is my new hero. He's created an entertaining, watchable way to bring the essential message of intelligent, beautiful, productive, earth-friendly gardening to a mass audience.



Billy Goodnick, Fine Gardening Blog

Endless praise is deserved... This is a wonderful, great intro to learning to live a better, simpler life... If enough people learn to think like this then this truly can be the decade of "hope" for Americans. At this moment I'm beginning my own 'victory garden', composting (in two countries) and beginning to can the fruit that I can't eat. I couldn't be more thankful for the timeliness of this webcast. Kudos to all involved. Joe and Theresa seem to be natural teachers. In that you are all beautiful people should be advertisement itself to growing green. You all, Patti and Nathan included, are great role models who clearly love what you do.

Patrick McMillan

All I can say is "Wow!" ... Hi Joe and Theresa: I'm sitting in a Best Western in Oregon City Oregon, watching Growing a Greener World from this week. Joe, you really, really got it. I'm so pleased. The video looks great and I love the way it is edited, but mostly, I so appreciate the fact that you communicated my message so effectively. I know how hard that is to do, from both perspectives - behind the camera and in front of it. But you did it perfectly! Thank you, thank you, thank you!

Nan Sterman

Your show brings tears to my eyes... Dear Joe. I am writing on behalf of our new organization. Friends of Matter Park Gardens. We are a grass roots group with enthusiasm but no monies. We live in a poor town that lost almost all our industry. But again we are fighting back as a community. Your show brings the best of America out. Through your show we are planning many projects because of what you do. Making our city and county a better safer place. You guys are the best. As a Master Gardener it gives me hope and great pleasure to watch our volunteers growing. Thank you again.

Bruce Ruch

Season one episodes now available for broadcast:

- 101-ECHO – Helping Underdeveloped Countries Grow Their Own Food, Ft. Myers, FL
- 102-Creating an Eco-Friendly Landscape from the Ground Up, Orlando, FL
- 103- Create An Eco-Friendly Landscape at Home, Orlando, FL & Gainesville, FL
- 104-Phipps Conservatory – The Greenest Conservatory in the World, Pittsburgh, PA
- 105-Growing Power -Will Allen’s Story of Inspiration Through A Garden Milwaukee, WI
- 106-Composting 101 and Beyond, Seattle, WA
- 107-Urban Beekeeping - What’s All The Buzz About? Seattle, WA
- 108-The Edible Schoolyard–Using The Garden As the Classroom, Berkeley, CA
- 109-Fetzer: The Most Earth-Friendly Winery in America, Mendocino, CA
- 110-Annie’s Annuals – Preserving Heirlooms While Protecting the Environment, Richmond, CA
- 111-Farmer D: A Young Man’s Campaign to Lead by Example, Atlanta, GA
- 112-The Power of Worms–Vermicompost, Sonoma, CA & Atlanta, GA
- 113-Recycling Horticulture Waste: Making Better Choices One Pot at a Time St. Louis, MO & Atlanta, GA
- 114-All About Pruning : The Good, The Bad & The Ugly, Columbus, OH, Mount Airy, NC & Los Angeles, CA
- 115-Living Homegrown Fresh: Raising Food & Livestock in Urban Backyards Los Angeles, CA
- 116-Native Plants and Invasives & Certified Wildlife Habitats, Austin, TX
- 117-Seed Savers Exchange: Saving the Planet by Saving Seeds, Decorah, IA
- 118-Urban Farming at Greensgrow Farm, Philadelphia, PA
- 119-Waterwise Gardening: Simple Solutions To Reduce Water Usage & Manage Runoff, San Diego, CA and Seattle, WA
- 120-Community Supported Agriculture (CSA) programs, Pennington, NJ, Bedford Hills, NY and Ranger, GA
- 121-Community Gardens: Growing So Much More Than Plants, Columbus, OH, Seattle, WA & Portland, OR
- 122-Green Roofs and Rooftop Gardens: The Sky’s the Limit, Chicago, IL & Charlotte, NC
- 123-Organic Gardening the Rodale Way: Creating A Garden Ecosystem, Kutztown, PA
- 124-Natural Pest Control: Discovering Eco-friendly Solutions to an Old Problem, Allentown, PA
- 125-Thomas Jefferson & Monticello: A True Organic Gardener in Action, Charlottesville, VA
- 126-Victory Gardens, Washington, DC and Chicago, IL

Season One Episode Lineup and Summary Description, 101 - 126



Each episode description outlines the main story within each episode. All episodes include a 5-minute segment by chef Nathan Lyon on how to use fresh-from-the-garden fruit, vegetables or herbs to stretch the menu in simple but delicious ways.

101 - ECHO – Helping Underdeveloped Countries Grow Their Own Food (Ft. Myers, FL)

ECHO (Educational Concern for Hunger Organization) uses the power of agriculture on a global scale to reduce hunger and improve lives in underdeveloped countries. ECHO provides students and overseas development workers with agricultural skills and resources to help those who are just one failed crop away from starvation. Viewers will not only learn about these garden heroes, but will see how to apply many of the skills shown in the simulated gardens to the similarly challenging conditions of their own home gardens. Avocados are a common fruit in these regions so Chef Nathan cooks up a delicious chicken paillard featuring fresh guacamole.

102 - Creating an Eco-Friendly Landscape from the Ground Up (Orlando, FL)

Most homeowners understand the value of gardening in an eco-friendly manner, but many of us need guidance on how to do it properly. Everyday, we unwittingly make bad choices for the environment when we are simply trying to beautify our landscapes. Something as simple as choosing the right plant for the right space can greatly reduce the impact we have on the earth. This episode touches on some of the most common mistakes we all make and offers practical, simple tips for gardening in a more earth-friendly way. We also reveal some of the latest research on how even houseplants are doing more to clean our indoor environment than we ever knew possible. Even herbs on a sunny windowsill can pull double duty so Chef Nathan creates a mouth-watering herb roasted chicken with vegetables.

103 - More Ways to Create An Eco-Friendly Landscape at Home (Orlando, FL & Gainesville, FL)

An eco-friendly garden at home is catching on as homeowners strive to create more sustainable outdoor spaces. In this episode, we visit a Florida couple to discuss the sustainability project they took on in their yard, the use of natives vs. non-natives and smart irrigation. It also demonstrates to the viewer how taking just a few of these simple steps will create healthier plants, tastier produce and a safer environment for us all to enjoy. And in the GGW kitchen, Chef Nathan features eggplant from this couple's garden to make a roast eggplant caponata.

104 - Phipps Conservatory; The Greenest Conservatory in the World (Pittsburgh, PA)

Over 100 years ago, wealthy businessman Henry Phipps built the Phipps Conservatory as a gift to the city of Pittsburgh at the height of our nation's industrial revolution. Today Phipps has become a model for public gardens and conservatories around the world for sustainable building practices, energy conservation and eco-friendly methods. In the process they've earned the distinction of being "America's Greenest Garden" and the greenest conservatory in the world. Taking his cue from the chocolate tree featured at the conservatory, Chef Nathan creates a molten chocolate cake that melts in the mouth.

105 - Growing Power; Will Allen's Story of Inspiration Through A Garden (Milwaukee, WI)

In 1993, Growing Power was an organization with teens that needed a place to work. Will Allen (a 2008 MacArthur Foundation Fellow) was a farmer with land. Allen designed a program that offered teens an opportunity to work at his store and renovate the greenhouses to grow food for their community along with the farming methods and educational programs that are now the hallmark of the non-profit organization. What started as a simple partnership to change the landscape of the north side of Milwaukee has blossomed into a national non-profit organization and land trust with a global commitment to sustainable food systems. Spinach is a popular crop at Growing Power and Chef Nathan shows how easy it is to make a flavorful, marinated flank steak and spinach salad.

106 - Composting 101 and Beyond (Seattle, WA)

Healthy plants start with healthy soil and the single best amendment you can add to any soil is compost. It's full of the primary nutrients your plants need, along with beneficial microorganisms no manufactured product can provide. In addition, compost takes yard waste and kitchen scraps that might otherwise be destined for a landfill and keeps them at home, where they become black gold for your garden. This episode demonstrates to the viewer that it is neither difficult nor expensive to make compost in your own backyard. And root crops thrive in compost-rich soil so Chef Nathan creates a roast beet salad with sweet, caramelized walnuts.

107 - Urban Beekeeping; What's All the Buzz About? (Seattle, WA)

Backyard urban beekeeping is more popular than ever, due in part to a mysterious die off of many of the hives, known as Colony Collapse Disorder. With high demand for fresh, local honey, combined with the important role bees play in a healthy garden, more people are setting up backyard hives. On this episode, we follow one such Seattle beekeeper to see what all the buzz is about as we learn more about these friends of the garden and how to attract these hard working pollinators to our own yards. Chef Nathan visits a local chef to see how he uses honey as a culinary inspiration.

108 - The Edible Schoolyard; Using The Garden As The Classroom (Berkeley, CA)

The Edible Schoolyard is a shining example of how a garden can be used as an outdoor classroom, utilizing all of the children's senses to bring book learning to life. This public middle school classroom uses a natural setting to teach every aspect of its core curriculum (math, science, language arts, social studies, nutrition awareness, etc.). Students learn about the full garden cycle, from planting seeds to harvesting and returning any waste back to the earth through composting. They also learn to cook with what they grow by preparing and eating meals that tie into their humanities classes. Viewers will discover how even small aspects of such a program can be incorporated into their own communities. Chef Nathan creates a healthy and kid-friendly snack made of ginger-maple glazed carrots and a radish-mint salad.

109 - Fetzer: The Most Earth-Friendly Winery in America (Mendocino, CA)

Fetzer winery has won numerous awards for its commitment to the environment. Fetzer not only produces wines in a very sustainable, responsible way, but also shares its knowledge openly with others in the industry in the hopes of shifting them to more environmental practices. The winery's goal is to create wines that are as good for the earth as they are on the palate, setting a fine example of what can be done at a corporate level, as well as what we can do in our own gardens to make a difference. Using wine as his culinary accessory, Chef Nathan cooks up a delicious risotto with thyme braised mushrooms.

110 - Annie's Annuals; Preserving Heirlooms While Promoting the Environment (Richmond, CA)

Just a few miles away from San Francisco sits a small nursery called Annie's Annuals and Perennials. The business specializes in rare and heirloom plants that larger, commercial operations pass by. In addition, everything at Annie's is grown the old-fashioned way: from seed, out in the wind, rain and sun. There are no greenhouses or machines. Viewers will learn about independent nurseries' practices such as biodegradable plant labels, recycling programs and eco-friendly growing practices. They will also find out how adding rare and heirloom plants to their own gardens can help preserve the species and promote biodiversity. Chef Nathan uses his favorite "fruit" and a bestseller at the nursery, the tomato, to create a spicy gazpacho.

111 -Farmer D; A Young Man's Campaign to Lead by Example (Atlanta, GA)

Forget any stereotype of the farmer you may hold. Let go of any notion of the humble rustic in overalls of yesteryear and even the jacketed corporate farmer of today. Farmer D is an entirely new brand of farmer with a thumb more "green" than any of his predecessors. Born in South Africa in 1976, Daron 'Farmer D' Joffe, is the model of today's more eco-conscience farmer and the future of agriculture's more sustainable tomorrow. He lives to make a difference because of his passion for the earth and the biodynamic methodologies that can make a difference. In the kitchen, Chef Nathan makes pan-roasted Brussels sprouts featured in Farmer D's schoolyard garden with toasted pecans and applewood smoked bacon.

112 - The Power of Worms; Vermicompost (Sonoma, CA and Atlanta, GA)

While worms are an important ingredient of the soil, they can steal the show in the compost pile. With vermicompost, worms do all the work of breaking down and decomposing kitchen scraps, turning it into nutrient rich castings for the garden. They take the garbage and turn it into black gold for the garden. This episode explores home vermicomposting and visits a commercial "worm farm" where viewers learn why having worms is a good thing and how this type of composting is a cool way to tap into the power in their own backyards. Chef Nathan creates a delicious pan-seared steak with blue cheese and rutabaga turnip puree.

113 - Recycling Horticulture Waste; Better Choices One Pot at a Time (St. Louis, MO and Atlanta, GA)

Each year, millions of plastic plant containers are not recycled. Instead they, alongwith millions of tons of other plastic, clog our solid waste stream and contribute to a growing but avoidable problem. The good news is that many companies are working hard to fix this problem. Viewers will learn what their choices are in the horticultural world today and how they can help eliminate this problem, one pot at a time. And in the kitchen, Chef Nathan uses a pot of his own. Recycling works in the kitchen too and he lets nothing go to waste to show us how to make homemade chicken stock.

114 - Pruning; The Good, The Bad & The Ugly (Columbus, OH, Mount Airy, NC & Los Angeles, CA)

Pruning trees and perennials can be very beneficial while shaping the plant and promoting future growth. But if done incorrectly, it can do more harm than good. To help viewers understand the truth about pruning, GGW brings in the experts, such as best-selling garden author Tracy DiSabato-Aust, to demonstrate the science behind the practice and offer real life examples of how to do it correctly. The viewer learns the benefits, common mistakes and step-by-step instruction on how to promote healthy plants with careful pruning. Using the apricots from espaliered backyard fruit trees, Chef Nathan shows how to make apricot vanilla bean compote to serve over vanilla bean ice cream.

115 - Living Homegrown Fresh; Raising Food & Livestock in Urban Backyards (Los Angeles, CA)

In today's world, we can eat out-of-season fruit and vegetables on any given day of the year. But there is a price to be paid for such luxuries. On average, the food we eat today travels 1500 miles from farm to fork. But many home gardeners are changing that. On this episode, we visit one city dweller who grows her own produce, raises her own chickens and cans and preserves the harvest. We explore "Urban Homesteading" and discover how to "keep it close to home" with our purchases and pursuits, so we can achieve a more organic and fresh lifestyle without adversely impacting the environment. After raiding the chicken coop, Chef Nathan uses fresh eggs to create a savory Parmesan cheese soufflé.

116 - Native Plants and Invasives & Certified Wildlife Habitats (Austin, TX)

The human love affair with plants dates back thousands of years. When overseas travel became possible, exotic plants were common cargo on ships all across the world. Unfortunately, many of those plants proved to be far more aggressive outside of their native range. At the Lady Bird Johnson Wildflower Center we explain why some exotic plants are dangerous, how gardeners can prevent further spread of some of the more aggressive species, and how using the right native plant for a particular space can make gardening easier for people and better for the planet. We also visit a private native garden that is a certified wildlife habitat and look at what is involved in bringing nature to our own back door. In the kitchen, Chef Nathan uses an American native fruit, to create a baked blueberry clafouti.

117 - Seed Savers Exchange; Saving the Planet by Saving Seeds (Decorah, IA)

On an 890-acre farm in Iowa, the horticultural heritage of America is being preserved one seed at a time. The Seed Savers Exchange, a non-profit, member-supported organization, uses this farm to save and share the heirloom seeds of our garden heritage, creating a living legacy that can be passed on to future generations. Viewers will learn how to save seeds from their own garden and will better understand the importance of doing so. Chef Nathan uses their most popular crop, fresh garlic to create a wonderful Italian pasta puttanesca.

118 - Urban Farming at Greensgrow Farm (Philadelphia, PA)

For some, urban agriculture might seem like a new idea. But for the people at Greensgrow Farm, it's been their work and way of life for over 10 years. What was once a thriving galvanized steel plant, was eventually abandoned as an industrial brown field—hardly the kind of place you'd imagine for growing edible plants— But then again, most people don't have the entrepreneurial vision of Greensgrow's cofounder, Mary Seaton Corboy! About three miles north from the downtown skyscrapers of Philadelphia and tucked within densely packed row houses, lies this pioneering urban farm, providing locally grown food for a community that often has little, while managing to survive as a profitable business in the process. It is a shining example of what can be done with a very small space when using sustainable practices. Chef Nathan uses butternut squash to create a hardy and delicious soup.

119 - Waterwise Gardening; Reduce Water & Manage Runoff (San Diego, CA and Seattle, WA)

Water is a precious and limited resource, and we are using it at unsustainable rates. But with the proper education and numerous ways to irrigate more efficiently, we can still enjoy a beautiful thriving landscape on a lot less water. This episode visits author and waterwise expert, Nan Sterman to explore the best ways to irrigate your garden and how to preserve the soil moisture you already have. The episode also visits a rain garden, where viewers learn how to retain the water that naturally occurs in the landscape and learn more methods for preserving this valuable resource. In the kitchen, Chef Nathan uses drought tolerant herbs to demonstrate simple ways to add layers of flavor to our meals.

120 - Community Supported Agriculture programs (Pennington, NJ, Bedford Hills, NY and Ranger, GA)

Community Supported Agricultural programs (also known as CSAs) are sweeping the country as a way for consumers to have access to the freshest, local and organically grown produce and more. For those that don't have the time or space to grow their own, it is the perfect partnership between the farmer and consumer. We visit the oldest and largest certified organic CSA programs in New Jersey and Georgia as well as another program in New York that has developed into a sort of an organic buyers club. Viewers learn how CSAs work, how to find one in their area and the benefits of being a part of this "growing" community. Chef Nathan uses farm fresh goat cheese featured in the show to create a decadent cheesecake.

121 - Community Gardens; Growing More Than Plants (Columbus, OH, Seattle, WA and Portland, OR)

Having an opportunity to participate in a community garden builds a sense of community like nothing else. It provides opportunities for exercise, education, therapy, relaxation and social interaction, along with preserving green space and conserving resources. By looking at several prime examples of community gardens in action, this episode demonstrates how the benefits of a neighborhood garden can reach far beyond the garden gates, bringing people closer to the earth and closer to each other. Using kale fresh from the garden, Chef Nathan creates a ribollita, also known as a Tuscan vegetable and bread soup.

122 - Green Roofs and Rooftop Gardens; The Sky's the Limit (Chicago, IL and Charlotte, NC)

One of the biggest global opportunities we have to positively impact our carbon footprint is to plant "green roofs". Rooftops across America and the planet offer nearly untapped, limitless space to plants perennials, shrubs, even trees that can cool the air in and above our homes and offices, absorb carbon dioxide, return oxygen, reduce runoff, filter pollutants and provide habitats for birds and other wildlife. And if that weren't enough, they also provide a welcomed respite for mind and body. Green roofs are rapidly gaining popularity in commercial and residential design. From an up close and personal tour of the famous rooftop gardens at Chicago's city hall and the Lurie Garden at Millennium Park, to a demonstration of how to implement a smaller homegrown version, we'll explore the beauty, contribution and huge opportunity green roofs offer us all as we look for more great ways to Grow a Greener World. Chef Nathan uses one of the most common roof top vegetables, the tomato, to create something delicious in the GGW kitchen.

123 - Organic Gardening; Creating A Garden Ecosystem (Kutztown, PA)

Organic gardening in its simplest form is gardening without the use of synthetic, manmade chemicals, while focusing on building the fertility of the soil. But gardening organically also means to think of your garden as part of a whole ecosystem. Everything from water, soil and insects to wildlife and people play a valuable role in this system. Interviews with Maria and Maya Rodale of the Rodale Institute will shed light on this eco-friendly way of gardening. This episode explores exactly what organic gardening is while guiding the viewers through the benefits and the bottom line. Chef Nathan uses apples to create a spicy fall dish.

124 - Natural Pest Control; Discovering Eco-friendly Solutions to an Old Problem (Allentown, PA)

As our society gradually turns to more eco-friendly practices, one solution for pest control has been with us since the beginning of time. Biological control, using natural predators and insects to keep pests in check, is gaining ground as the eco-friendly method of choice. But beyond the prolific and popular lady beetle, lies a host of not-so-well known insects and products that are surprisingly efficient at keeping pest populations in check. This episode looks at finding and promoting natural predators in the garden and also discusses incorporating natural bacteria and plant derivatives when a bug problem gets out of hand. Nothing beats the taste of fresh picked corn and Chef Nathan shows us how to use that corn to perfection in the kitchen.

125 - Thomas Jefferson & Monticello; A True Organic Gardener in Action (Charlottesville, VA)

Thomas Jefferson has made his mark in history for many things. But to gardeners, he holds a special place of honor. As a seed saver, plant propagator, organic gardener, lover of compost and manure, Jefferson's pioneering, organic practices with plants and soil are still in use today. Thanks to his meticulous records and the historic preservation of the grounds, we can step back in time to see how one of the most famous green gardeners in history lived out his passion for gardening at Monticello. We also learn how we can apply many of his "tried and true" gardening methods to our own gardens today. Chef Nathan uses Thomas Jefferson's favorite vegetable, the pea, to create a fantastic pea soup with bacon, crème fraiche and mint.

126 - Victory Gardens (Washington, DC and Chicago, IL)

According to guest Rose Haden Smith, an expert on U.S. History, "The Victory Gardens of World War I and World War II helped Americans weather hard times. They helped the family budget; improved dietary practices; reduced the food mile and saved fuel; beautified communities; and empowered every citizen to contribute to a national effort." The current struggling economy has caused a resurgence of Victory Gardens across America. In this episode, we explore the concept of the Victory Garden and investigate the USDA's new initiative called "The People's Garden" to help communities create their own gardens across America. From Washington, DC to a small urban garden that replaces a front lawn, viewers learn how it is possible to grow a season's worth of vegetables for very little money. Using a common Victory Garden vegetable, Chef Nathan creates a sautéed Swiss chard frittata.

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