



**FOR IMMEDIATE RELEASE**

Media Contact: Kendall Shepherd, R/West  
[kendalls@r-west.com](mailto:kendalls@r-west.com) / 503-223-5443

**THE ENERGY TRUST BETTER LIVING SHOW BRINGS IDEAS TO  
GREEN YOUR GARDEN AND HOME TO THE PORTLAND EXPO CENTER MARCH 27-29**

*Soak Up Sustainable Gardening Ideas from Elaborate Display Gardens, Explore Energy Trust's Good Energy House Filled with the Latest Ways to Save Energy and Enjoy Hours of Free Seminars*

**PORTLAND, Ore. – February 24, 2009** –The Energy Trust Better Living Home, Garden & Lifestyle Show will explore sustainability and pack the Portland Expo Center with a variety of inspiring home and garden ideas, March 27 – 29. Whether people are “green living” novices interested in simple ways to create a more sustainable garden space or seasoned veterans looking for innovative solar power solutions, the Better Living Show will offer visitors a wide array of useful information and ideas to improve their home and the planet.

***Gardens Gone Wild will feature four extraordinary display gardens including:***

- ***The New Lawnscape: A Rainbow of Ideas by Terry Gibson ~ Landscape Architect***  
Showcases how to make the most of a smaller outdoor living space and achieve high impact visual relief in an urban setting. Features include:
  - Layering bands of ornamental, low maintenance, pet friendly grasses that can thrive in a wide range of water and sunlight availabilities.
  - A variety of evergreen foliage that will remain healthy year-round with just modest amounts of water and very little maintenance.
  - Several virtually pest-free plants that thrive on small amounts of organic matter instead of petroleum-based fertilizers.
  
- ***Urban Agrarian by Gregg & Ellis Landscape Design***  
Focuses on how helping the environment can lead to larger changes and what individuals can do in their own yards. Features include:
  - A variety of raised beds painted in fun, snappy modern colors to adorn an outdoor living space.
  - An organic vegetable garden featuring tempting lemon cucumbers and tomatoes will be present within the garden and might lead even more people to purchase locally grown veggies.
  - A compost pile will show how kitchen waste and yard debris can become a coveted source of nutrition for the beds.
  
- ***A Restorative Garden for Everyone by Kurisu International***  
This garden brings balance to hearts and minds by providing exceptional spaces for engaging with nature. Features include:
  - The gentle rush of a creek, the play of light on a path, the scent of gardenia and the profound stillness of a boulder.
  - A serene landscape and its critical role in the promotion of public health and wellbeing.

- **The Edible Rain Garden by WestCoast Natives**

This display garden showcases how average homeowners can successfully maintain a sustainable woodland in their own backyards. Features include:

- Beautiful wildflowers, gorgeous dogwood and magnificent red flowering currant that attract wildlife.
- A rain garden that captures runoff from rooftops, driveways and other hard surfaces, filters it and hydrates and feeds garden life.
- Delicious variety of native berried shrubs that will provide tasty treats while not requiring pesticides and fertilizers.

**Featured Home and Garden Presentations**

- Beautiful, Edible, Organic Gardening
- Residential Basics of Going Solar
- Honey Bees
- Year-round Vegetable Gardening in the Northwest
- Rain Gardens
- The Carbon Footprint: A New Sustainable Garden
- Top Ten Beneficial Garden Insects (For Kids)
- Natural Pest Control
- A Bird Watching Excursion (Class and Field Trip)
- Urban Chickens Made Easy

For a complete list of seminars, details, dates and times go to [www.betterlivingshow.org](http://www.betterlivingshow.org).

**Energy Trust Good Energy House**

Energy Trust is featuring an 1,100-square-foot earth-friendly home at the Better Living Show, which showcases a variety of sustainable choices such as: an energy-efficient home office; high-efficiency lighting, appliances and electronics; solar electric and solar water heating systems; a tankless water heater; high-efficiency windows and more!

Show-goers can enter to win a Home Energy Makeover from Energy Trust at kiosks located in the lobby and the Good Energy House. Guests can also enter to win the ENERGY STAR® office suite featured in the house by having six participating exhibitors stamp their entry form before dropping it off in the lobby or the Good Energy House.

**About The Energy Trust Better Living Home, Garden & Lifestyle Show**

Free and open to the public, The Energy Trust Better Living Show, the Northwest's largest sustainable lifestyle show, takes place Friday, March 27 from noon – 9 p.m.; Saturday, March 28 from 11 a.m. – 9 p.m.; and Sunday, March 29 from 11 a.m. – 5 p.m. at the Portland Expo Center. The Better Living Show is designed to empower attendees to become more thoughtful consumers and lessen their impact on the environment by learning about sustainable, healthy and practical lifestyle products and services. For more information, visit [www.betterlivingshow.org](http://www.betterlivingshow.org).

###