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THE ENERGY TRUST BETTER LIVING SHOW SHOWCASES GREEN IDEAS FOR THE GARDEN AND HOME AT THE PORTLAND EXPO CENTER MARCH 26-28

Soak Up Sustainable Gardening Ideas from Elaborate Display Gardens, Explore Energy Trust's Good Energy House and Learn from Hours of Free Seminars

PORTLAND, Ore. – March 15, 2010 –The Energy Trust Better Living Show will pack the Portland Expo Center with a variety of inspiring, sustainable home and garden ideas, March 26 – 28. 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 Urban Farm by Terry Gibson and Waterstones Garden Accents**
Demonstrates bringing the city and farm together, providing veggies year-round and creating a self-sustaining garden. Features include:
 - Year-Round Edibles: Terry demonstrates how to create winter, spring and summer gardens, showcasing the best in year-round edibles.
 - Urban Chickens and Composting: The ultimate tie between city and farm. Attendees will see the benefits of keeping a clutch of chickens in the garden and creating their own composting stations.
 - Harmony in the Garden: Learn the perfect ways to create harmony in the garden by using stone water features to attract pollinators and a grove of bamboo to provide stakes for the garden.
- **Back Yard Building Structures by Winterbloom and Structures NW**
Brings a private office from indoors into the garden, showcasing an innovative energy-efficient Back Yard Building model. Features include:
 - A 12 x 16' model Back Yard Building created by Structures NW, sitting in a lush garden designed by Winterbloom.
 - Learn innovative, energy-efficient techniques and tools to build your own affordable Back Yard Building perfect for telecommuters, consultants, working artists, massage therapists, or any other professional who yearn for a quiet, focused environment with the comforts of home just a few yards away.
- **Backyard Beneficial by GardenWorld**
Showcases wonderful plant choices to attract beneficial wildlife into your landscape. Features include:
 - Plant designs and ideas to bring beneficial insects and creatures into the garden.
 - Learn about insects and creatures that can help reduce pests and disease issues.
 - Leave the garden with an important take-home guide for homeowners on ways to attract beneficial wildlife.

- **Retreat: Creating a Backyard Oasis by Gregg & Ellis Landscape Designs**

This garden invites viewers to a backyard oasis for any size yard or level of maintenance. Features include:

- An inviting courtyard with raised planters bringing the patio to life by defining the space and adding an artistic glass tile element.
- Planters in the garden allow for an easy-care spring color shock and a soothing sound-screening water feature.

2010 Small Standard Green Flower Show

Oregon State Federation of Garden Clubs invites attendees to the 2010 Small Standard Flower Show: What's Old is New Again. For the past ten years, the federation has produced one of the largest standard flower shows in the nation. This year, Oregon State Federation of Garden Clubs took the challenge to create a flower show focusing on native plants for the Better Living Show. Better Living Show attendees can view recycled, repurposed, and reclaimed floral designs with at least 50 percent native plant material, competing in three divisions: Horticulture, Design, and Special Exhibits and Educational Exhibits.

Energy Trust Good Energy House

Homeowners looking to get their homes into shape will find solutions to save energy and improve comfort in Energy Trust of Oregon's 1,100-square-foot earth-friendly home, built specifically for the Better Living Show. The home showcases a variety of energy-saving choices such as: high-efficiency lighting and windows; solar electric and solar water heating systems; energy-efficient products and appliances for the kitchen and laundry room; an insulation display and more! This year, visitors can get their own Prescription for Energy Savings, with personalized recommendations from energy experts, and learn how to put their home to the test to find hidden energy wasters.

Other new features include a green, eco roof patio cover and sustainable rain gardens by Ryan Gorretta, landscape architect of West Coast Natives. Inside the house, interior designer Angela Todd demonstrates the best in sustainable and eco-friendly décor for the home.

Featured Home and Garden Presentations

- It All Starts With a Seed
- Chicken Chat
- Choosing a Green Remodeler
- The Basics of Food Preservation
- Composting Toilets
- Bio-diesel: Make it Yourself
- Home Energy Basics
- Preserving Tomatoes
- Non-toxic Weed Control
- Year-round Vegetable Gardening in the Northwest
- Sustainable Gardens

For a complete list of seminars, details, dates and times visit:

<http://www.betterlivingshow.org/seminar/index/4>.

About the Energy Trust Better Show

Free to the public, the Energy Trust Better Living Show, the Northwest's largest sustainable lifestyle show, takes place Friday, March 26 from noon – 9 p.m.; Saturday, March 27 from 11 a.m. – 9 p.m.; and Sunday, March 28 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.

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