

Rancho Los Alamitos Historic Ranch and Gardens

Rancho Los Alamitos
6400 Bixby Hill Road
Long Beach, California 90815
www.rancholosalamitos.com
(562) 431-3541

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For Immediate Release

Contact: Michael Powers, Educational Programs Associate
michael1@rancholosalamitos.com
(562) 431-3541

GARDEN, GOURMET AND GALLERY

The Rancho Los Alamitos 2010 Garden Series

Sweet Delights from the Arbor and Orchard

Lecture by Tom Spellman

"Antioxidants from Your Garden"

Saturday, July 24, 2010

10:00 a.m. to 12:30 p.m.

Admission \$15.00 - RLA Members & Students \$10.00

LONG BEACH, CA -- Rancho Los Alamitos Historic Ranch and Gardens (RLA) brings together the pleasures of the garden, the essence of the palate, and the art of the landscape with its 2010 Garden Series. This year's garden series brings experts to the Rancho throughout the year to educate and delight garden enthusiasts. The next program in the garden series will be a lecture by Tom Spellman entitled "Antioxidants from Your Garden" on Saturday, July 24, 2010, from 10:00 a.m. to 12:30 p.m.

Visitors are invited to the Rancho to meet Tom Spellman of Dave Wilson Nursery. The nursery specializes in fruit, nut, shade trees and grapevines. Tom's message emphasizes that different types of antioxidants can protect our tissues from damage and that it is best to eat a wide range of antioxidant-rich foods. He will guide us through a selection of edible ornamentals and decorative fruit trees that have delicious fruits that are rich in antioxidants while being beautiful and complimentary to our edible and ornamental landscapes. Following the presentation, participants will enjoy tasty, healthy refreshments.

The cost of general admission for the Tom Spellman lecture is \$15.00 per person and \$10.00 for RLA members and students. Reservations, which are required, may be made online www.rancholosalamitos.com or by calling the Rancho at (562) 431-3541.

The Rancho Los Alamitos 2010 Garden Series will continue through the fall with the following topics and dates. More comprehensive information will be distributed as the dates of the events approach.

“Growing and Cooking Winter Vegetables the Organic Method”

Saturday, September 18, 2010

10:00 a.m. to 12:30 p.m.

Lecture and Book Signing by Pat Welsh

Culinary Demonstration, Sample Tasting and Book Signing by Cathy Thomas

Admission \$15.00 - RLA Members & Students \$10.00

“Fall Planting for Spring Blooms”

Saturday, October 16, 2010

10:00 a.m.

Lecture by John Schoustra, plant sale, Botanical Artists Guild art sale and demonstrations, garden and Ranch House tours

Fee: \$15 (RLA Members \$10.00)

“The Harvest Table and Wreath Workshop”

Saturday, November 20, 2010

10:00 a.m. to 12:30 p.m.

Seasonal culinary demonstration, sample menu tasting and wreath construction.

Fee: \$55 (RLA Members \$45.00)

Rancho Los Alamitos is located at 6400 East Bixby Hill Road in Long Beach, California. Parking for the garden series events will be available on-site at the Rancho. All events in the Garden Series require advance reservations which may be made online at www.ranchosalamitos.com or by calling the Rancho at (562) 431-3541. These events are expected to sell out, so early reservations are recommended.

Rancho Los Alamitos is owned by the City of Long Beach and operated by Rancho Los Alamitos Foundation as a public/private cooperative venture under the auspices of the Department of Parks, Recreation and Marine. The site is open for tours Wednesday through Sunday from 1-5 p.m. and school tours are scheduled weekday mornings. Admission is free and parking is normally available on site. Enter though Bixby Hill residential security gate at Anaheim and Palo Verde. For information about the site, tours, or special events and programs, go to www.ranchosalamitos.com.

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