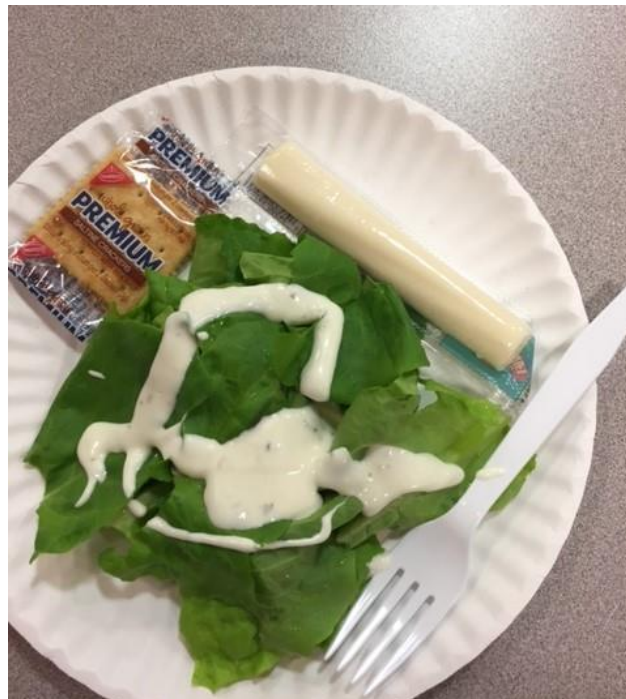




*** FOR IMMEDIATE RELEASE ***

Tennis Ball Lettuce Party at Crozet Elementary

Charlottesville, Virginia (5/9/2017) – QuickStart Tennis of Central Virginia, Inc. (QCV) is pleased to report the Grow Veggies for QuickStart! tennis gardeners at Crozet Elementary recently had a Salad Party. In early March, QCV sent to all 10 schools with Go Veggies! tennis gardens seeds packets for Tennis Ball Lettuce from Monticello (Thomas Jefferson introduced this variety of Bibb lettuce in America). Each year student groups at the 10 schools “adopt” their school’s garden. This year participants in the afterschool program at Crozet Elementary adopted the school garden. Two fifth-graders, Jess and Ezra, pictured at top left below, were the “master gardeners” who planted the seeds and watered, weeded and monitored the raised beds. When the lettuce was ready to harvest, the two boys guided 10 other students in harvesting, washing and serving the lettuce at the Salad Party. The kids enjoyed a tennis ball lettuce salad, bananas and juice.



Gwedette Crummie, Crozet principal and QCV board member, says, "Students in all grades in our afterschool program had an opportunity to participate. Ezra and Jess stepped up to lead the way. They planted lettuce seeds and flowers and tended the gardens. We have been doing something like this for six years now and it is one of the reasons we are recognized as a national green ribbon school. Our students are always eager to participate and taste what they grow."

QuickStart Tennis of Central Virginia is an all-volunteer, grassroots Community Tennis Association established in 2009 as a 501(c)(3) charitable organization to promote, develop and grow QuickStart Tennis in the heart of Virginia for all beginners, especially underserved youth, using the kid-sized QuickStart Tennis format.

QCV's service area includes Albemarle, Amelia, Appomattox, Brunswick, Buckingham, Charlotte, Culpeper, Cumberland, Dinwiddie, Fluvanna, Franklin, Greene, Greenville, Halifax, Henry, Louisa, Lunenburg, Madison, Mecklenburg, Nelson, Nottoway, Orange, Patrick, Pittsylvania, Prince Edward, Powhatan and Rappahannock counties and the cities of Charlottesville, Danville and Martinsville, We currently serve 205 schools with 94,000 kids, 13 parks & recreation departments, three Boys & Girls Clubs and two YMCAs in 27 counties and three independent cities. We have also gotten tennis into PE classes in 30 additional schools with 14,000 students in southwestern and eastern central Virginia as part of the Mid-Atlantic Supercharge School Tennis Task Force.

Visit QCV at: www.quickstartcentral.org and on [Facebook](#).

For additional information, contact quickstartcentral@comcast.net



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