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Contact: Bryan Hughes: 240-662-3002
Bryan_Hughes@discovery.com
Janice Sample: 240-662-7504
Janice_Sample@discovery.com

**TREEHUGGER.COM AND PLANET GREEN PUT THE BRAKES ON HECTIC
HOLIDAYS WITH A NEW “SLOW” GIFT GUIDE AND A SEASON FULL OF NEW
TRADITIONS**

(Silver Spring, Md.) - Ah, the holidays. That wonderful time of year when we spend time with loved ones, eat delightful home-cooked meals, and exchange perfect gifts that our friends and family open with gasps of excitement. Yeah, right! Let's face it, the holidays are more often a time of rushing, consuming, bargains, take-out, and stress. This year, TreeHugger.com and Planet Green help the weary bring meaning back to the season. TreeHugger.com's **“Have a Slow Holiday”** gift guide (<http://www.treehugger.com/giftguide/>) offers more than 120 unique gift options with an emphasis on getting back to basics, taking time to truly enjoy the ones we love, minimizing the nonessentials and choosing quality over quantity. Beginning November 21, Planet Green extends the thoughtful holiday vibe when it takes the wraps off **“New Traditions”** a series of video-shorts on-air and online featuring ideas and resources from the network's family of hosts and experts.

Inspired by the revolutionary Slow Food movement, TreeHugger.com's **“Have a Slow Holiday”** gift guide presents dozens of gifts across 11 categories that are defined by thoughtfulness, quality, durability, and, of course, kindness to the environment. And, gifts with these qualities don't necessarily have to be expensive. The Guide features many selections under \$50 as well as a number of free gift options. After all, the holidays should be a time to decompress, not add more mental and physical clutter to your life or debt to your credit cards. TreeHugger's **“Have a Slow Holiday”** gift guide contains gift solutions in categories designed for everyone on your list including:

- Foodie
- Fashion Buff
- Pop Culture Fan
- Green Geek
- Wee-Hugger (Kids)
- Animal Lover
- Outdoors Enthusiast
- Design Junkie
- Health + Wellness Guru
- DIY'er
- Philanthropist

With items ranging from sustainable lunch kits (Soup to Nuts, \$55) and a Printable Gnome Bowling game (free) to stylish reclaimed materials jewelry (Alex and Ani bangle bracelets , \$21 and up) and donations to help provide essentials to those in need from clean drinking water to a herd of goats (Heifer International, Microplace, and Architecture for Humanity,\$20 and up), the TreeHugger gift guide “**Have a Slow Holiday**” selections are as considerate to their lucky recipients as they are to the planet.

In addition to the gift guide, Planet Green encourages everyone to stop and smell the mistletoe with “**New Traditions**” videos and resources on-air and online at www.PlanetGreen.com. Ed Begley, Jr. and Rachelle Carson Begley, Philippe Cousteau and Alexandra Cousteau, Bill Nye, SuChin Pak, Summer Rayne Oakes, *The Fabulous Beekman Boys* Josh Kilmer-Purcell and Brent Ridge, the editors of ReadyMade magazine and others will help set the mood for a meaningful holiday season. From fire house care packages to caroling via video chat, it’s all about looking forward and giving back.

About Planet Green:

Planet Green is the multi-platform media destination that launched on June 4, 2008. Planet Green is the center for a new conversation, speaking to people who want to understand how humans impact the planet and how to live a more environmentally sustainable lifestyle.

Planet Green and its two robust websites planetgreen.com and TreeHugger.com, offer unique, original, insightful, inspiring, and entertaining content related to how we can evolve to live a better, brighter future. Planet Green’s unique programming, digital tools, and content will enlighten, empower and most certainly, entertain.

Planet Green is a division of Discovery Communications.

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