



(text by martina krisan)

DESTINATION:  
INDIANAPOLIS  
from green living  
to media mogul

# green QUEEN

Green living expert, author and tv host, Sara Snow shares her life's knowledge of living an organic life.

Known as the Queen of Green, Sara Snow has been called "first generation organic", and it's easy to see why. Raised in the country outside Ann Arbor, Michigan, she was surrounded by organic gardens, solar panels and compost heaps. Sara enjoyed the benefits of one of the most fresh-oriented areas in the country, with a family who had an infectious passion for ecoliving. Sara's parents were pioneers in the natural foods movement when it was just beginning. They studied macrobiotics, started a natural foods deli and made the decision to move their family from the city to live off the land in a cleaner environment. Sara was schooled in the way of organic foods and natural living. Her dad, Tim Redmond, cofounded some of the

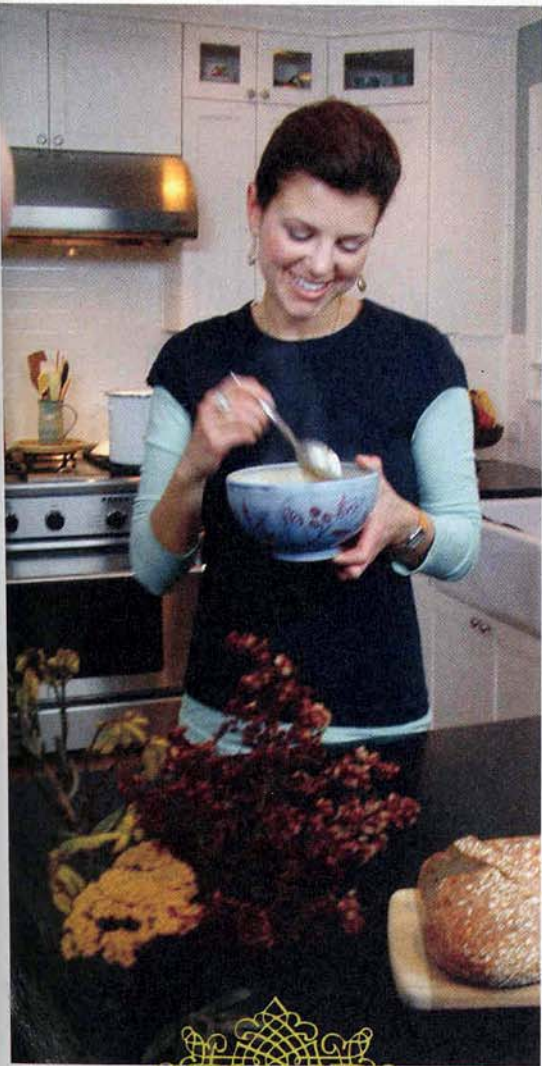
heaviest hitters in the world of organics: Eden Foods, American Soy Products, and Blue Horizon Organic Seafood Co. Today, Sara is the epitome of her childhood and has become a true leader in the industry. She founded the prime-time series, Living Fresh and Get Fresh with Sara Snow, for Discovery Health. She can also be seen on CNN.com LIVE on Thursday nights, and is a featured blogger on Treehugger.com. In her new book, *Sara Snow's Fresh Living; The Essential Roomby:Room Guide to a Greener, Healthier Family and Home*, Snow shares all of that knowledge with us and truly gives the everyday person insight into living a real green life in simple, easy ways.

[www.sarasnow.com](http://www.sarasnow.com)

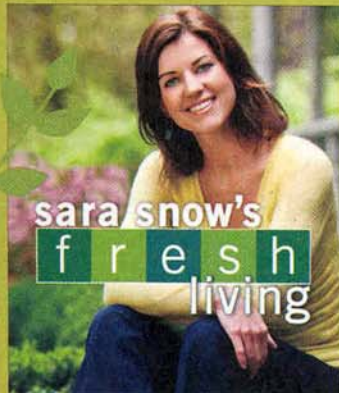
# my boho {life}

## On the set

Sara is creator and host of the Discovery Home prime-time series, *Living Fresh*, cited in the media as the "first green television program in the country".



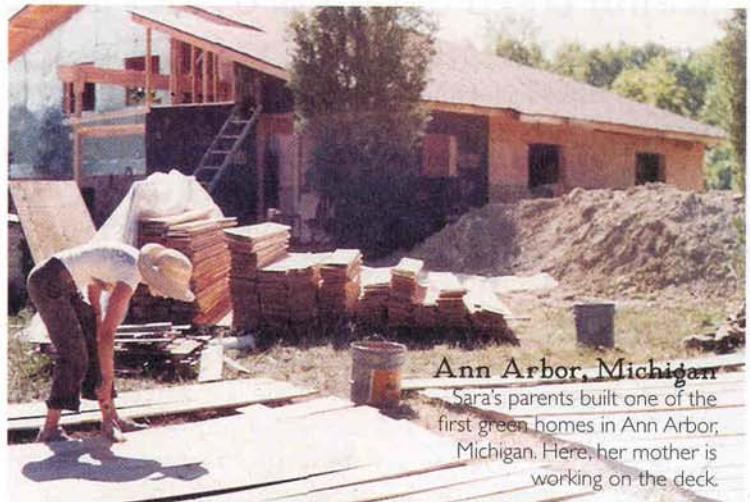
"I greatly enjoy cooking with organic foods and sharing my knowledge with everyday people"



The Essential Room-by-Room Guide to a Greener, Healthier Family and Home

## her first book

With much anticipation, Sara's first book, *Sara Snow's Fresh Living: The Essential Room-by-Room Guide to a Greener, Healthier Family and Home*, will release in April. It is already being heralded as "A fabulous book... practical, affirming and fresh".



## Ann Arbor, Michigan

Sara's parents built one of the first green homes in Ann Arbor, Michigan. Here, her mother is working on the deck.