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FOR IMMEDIATE RELEASE

All you need to know about making Pickles

Pucker Up with free workshop hosted by Boston Natural Areas Network

BOSTON, MA, August 1, 2011 – Do you want to preserve your cucumbers as tasty treats but do not know how to do it? With a little advice and practice you'll find turning cukes into pickles is an easy family fun activity.

On Saturday August 13 from 10:00 a.m. to noon at City Natives, 30 Edgewater Drive in Mattapan the Bowdoin Street Health Center's Healthy Champions, a group of youth peer educators, will lead this family friendly workshop. We will use a vinegar based dill pickle recipe that can be modified to incorporate a variety of spices and vegetables. Materials will be provided and participants will take home a jar of their own pickles. A guardian must accompany children under 14.

The program is limited to 20 participants so **Registration is Required**. For more information and to register contact BNAN at 617-542-7696 or visit www.bostonnatural.org.

Boston Natural Areas Network is a non-profit organization dedicated to bringing together local residents, partner organizations, public officials and foundations to preserve, expand and enhance urban open space, including community gardens, greenways and urban wilds. For further information about the organization, becoming a member or the calendar of events, visit www.bostonnatural.org, or call 617-542-7696.

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