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FOR IMMEDIATE RELEASE

Garden Workshops continue August 20 & 27 at Nightingale Community Garden in Dorchester

BOSTON, MA – August 8, 2011 – Nightingale Community Garden located at 512 Park Street in Dorchester continues to be garden central in Boston’s largest neighborhood. Boston Natural Areas Network (BNAN) will conduct two workshops in the garden on Saturday August 20 and 27. The August 20 cooking workshop from 11:00 a.m. to 1:00p.m, will be led by *Cooking Matters* and will focus on interactive cooking demonstrations offering delicious recipes intended to get the most out your garden bounty. The August 27 workshop from 9:00 a.m. to 11:00 a.m. will be led by BNAN garden educator, Erika Rumbley, and will help neighborhood gardeners get the most out their vegetable gardens with helpful hints on how to plant for a fall harvest. The popular summer workshops are a response to the growing interest in community gardening and eating healthy locally grown food.

The BIGG August 20 Garden Workshop Schedule is as follows:

Saturday,	August 20,	11:00 a.m. – 1:00 p.m.	Hey Good Cooking! **
Saturday,	August 27,	9:00 a.m. – 11:00 a.m.	Grow Greens all Fall

**Registration is required for Hey Good Cooking. Please call 617-542-7696 or email to info@bostonnatural.org to register.

In addition to the summer programs, BNAN will offer Garden Coaching every Saturday when there is not a scheduled program at Nightingale Garden from 9:00 a.m. to 11:00 a.m. Master Urban Gardeners will be on hand to answer your questions about where to plant, when to weed and how to harvest. Just look for the green aprons for great advice.

The Nightingale Garden Workshop Series is part of BNAN's Boston Is Growing Gardens (BIGG) project which aims to double the community garden food growing capacity in Dorchester and increase opportunities for access to healthy food and physical activity for Dorchester residents. Working with our partners, the City of Boston, Dorchester Environmental Health Coalition, gardeners, neighbors and local health organizations, BNAN is undertaking to create a two-fold increase in the number of plots (from 249 to 251) in the 17 Dorchester Community Gardens owned by BNAN.

Funding for Dorchester Community Gardens has been provided by the Boston Public Health Commission/Center for Disease Control, The Manton Foundation, The Boston Foundation, The Claneil Foundation, The Towards Sustainability Foundation and The Amelia Peabody Charitable Fund in addition to the City of Boston Department of Neighborhood Development.

If you would like to learn more about BIGG or how to get involved in community gardening in your Dorchester neighborhood, please contact BNAN at info@bostonnatural.org or call BIGG Project Manager Grantley Payne at 617-542-7696 x21.

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 more 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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