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**FOR IMMEDIATE RELEASE**

## **Good Cooking Workshop Promotes Healthy Eating in Dorchester Saturday November 5**

**BOSTON, MA – October 31, 2011** –Boston Natural Areas Network (BNAN) will conduct a cooking workshop led by *Cooking Matters* which will focus on interactive cooking demonstrations offering delicious recipes intended to get the most out your garden bounty. This popular workshop is a response to the growing interest in community gardening and eating healthy, locally grown food.

The “Hey Good Cooking” workshop will be held on Saturday, November 5 from 11:00 a.m. to 1:00 p.m. at 526 Park Street (only one block from Nightingale Community Garden) in Dorchester. The workshop is limited to 20 participants so registration is required for Hey Good Cooking. Please call 617-542-7696 or email to [info@bostonnatural.org](mailto:info@bostonnatural.org) to register.

The Hey Good Cooking Workshop 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. If you would like to learn more about BIGG or how to get involved in community gardening in your neighborhood, please contact BNAN at [info@bostonnatural.org](mailto: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](http://www.bostonnatural.org) or call 617-542-7696.

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