



FOR IMMEDIATE RELEASE
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Gardening Sessions and Cooking Classes Upcoming at the Westside Community Center

New Braunfels, TX – The Westside Community Center and Texas AgriLife Extension are teaming up for some pretty amazing gardening and cooking outreach programming in the month of February and March.

“We are beyond thrilled to be bringing so many special events to our community residents in February and March,” said Jennifer Hernandez, Westside Outreach Coordinator. “The partnership between the City of New Braunfels/Westside Community Center and Texas AgriLife of Comal County has been so much fun this past year and 2017 looks even better.”

Thursday morning, February 23th, from 11:00 a.m. to 12:30 p.m. will be a great session for all gardening enthusiasts. Lee Franzel, a Comal Master Gardener, and volunteer with Texas AgriLife Extension Center of Comal County, will be presenting How to Prepare for a Spring Garden. This is the perfect session for those wanting to increase their vegetable gardening knowledge and especially for garden beginners who would like to learn the basic tips and tricks for starting their very own organic vegetable garden.

That same evening, from 4:30 to 6:30 p.m., Connie Sheppard, AgriLife Extension agent, will be assisting participants with the Bring Your Own Bucket event. Interested attendees/families should be prepared to bring their own five gallon bucket. Soil and plants will be available and everybody will leave with their very own bucket garden.

“This is the perfect time to bring your kids and enjoy a quick ‘take away’ garden project for you to continue working on together at home,” says Hernandez.

Register now for the “It’s Time to Cook Healthy!” - a series of healthy cooking classes on Wednesdays in March from 9:00 a.m. to 10:30 a.m. Sessions include: Start Your Day, Eating from the Garden, Cooking with Kids (bring a child!), Adding Flavor without Salt, and Smart Sweets. All sessions will be led by Connie Sheppard and staff from Texas AgriLife, Comal County. Recipes and samples will be given out at each class.

“This is a great cooking series for anyone interested in improving health eating habits,” Ms. Hernandez noted. “It’s also the perfect time to focus on healthy eating habits as a part of the HEB Community Challenge for

all residents of New Braunfels. Be sure to keep posting those healthy selfies at www.ittcommunitychallenge.com and help our City win the challenge!”

To register for any of these sessions, visit the library calendar online at <http://www.nbtexas.org/1511/Library-Calendar>. Contact the Westside Community Center office at 830-221-4630 for more information.

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