

PRESS RELEASE

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Residents Discover Surprises Behind Cabbage Leaf

Gardening is good for the mind, body and soul. Gardens hold mysterious, wonderful surprises for gardeners of all ages – a sense of wonder, the feeling of accomplishment, a classroom ripe with discovery, and simply a moment in time to take a deep breath and appreciate living in the present.

Explore your own garden for surprising experiences and discover the thrill of eating organic, fresh, ripe produce sourced just a few steps from the dining table. **Square Foot Gardening: Growing Vegetables in North Texas** provides the basic steps to get started in the garden, and is part of the Learn Green 2 Live Green Speakers Series. The class is from 7 to 8 p.m. on Thursday, Feb. 2 at Davis Library, located at 7501-B Independence Parkway.

"Square foot gardening produces lush organic vegetables in a very limited space," said Deb Bliss. "It doesn't take a large backyard to reap a harvest of produce to integrate into your daily meals."

During the class, a Collin County Master Gardener explains the steps to create a garden. You'll discover how a small, sunny space is a source for good food, good experiences and occasionally, good therapy.

Learn Green 2 Live Green classes are free and no registration is required. For more information, contact Deb Bliss at debb@plano.gov or (972) 769-4313.

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