



CONTACT: Amy Klein at 518/274.8685 or amy@cdcg.org

FOR RELEASE: March 23, 2012

Capital District Community Gardens has Plots Available in Normanskill Farm Community Garden

Offering Delmar and Albany Residents the Opportunity to Grow Their Own Food

Plots are available in the Normanskill Farm Community Garden, which is managed by Capital District Community Gardens, the 36-year-old non-profit that nourishes healthy communities throughout the region with 46 community gardens and eight other programs designed to improve public health and increase access to fresh, affordable food.

Located near the Grace Cemetery nature trails on Mill Road, off Delaware Avenue, the Normanskill Farm Garden is in a convenient location for residents in both Delmar and Albany. There are large plots, plowed and unplowed, available for experienced gardeners and small plots for beginners. Small plots are available for a minimum donation of \$30. This size garden can yield \$1,500 worth of produce per season.

CDCG offers gardening and culinary education courses to community gardeners for free. For the upcoming season nine classes are scheduled for "The Know to Grow" Garden Education series, which focuses on organic practices, five classes are planned for "The Homemade Series," which develops culinary and canning skills for harvest management, and 15 classes for "The Demo Series," which concentrates on technical skills like weed management.

By signing up for a plot, CDCG's gardeners join a regional network of 4,000 people, all of whom share a passion for fresh, organic food. Gardeners are invited to CDCDG's annual events, including the Spring Brunch on May 6, and receive a 10% discount at the Hidden Café in Delmar every Tuesday. Gardeners are encouraged to contribute to CDCG's Squash Hunger program, a food donation initiative which collects more than 20,000 pounds of fresh produce for food pantries each year.

To sign up for a new gardener orientation call 518-274-8685 or e-mail gardens@cdcg.org. For more information on www.cdcg.org visit <https://www.facebook.com/#!/pages/Capital-District-Community-Gardens/83678653710>

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Capital District Community Gardens is a 36-year-old nonprofit organization that nourishes healthy communities throughout the Capital Region with nearly 50 Community Gardens, The Veggie Mobile, The Healthy Convenience Store Initiative, The Produce Project, The Taste Good Series and Street Tree Planting.

40 River Street • Troy, New York 12180
518.274.8685 • Fax 518.272.2744 • info@cdcg.org • www.cdcg.org