

STATE OF NEW MEXICO

# County of Luna

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## Media Release

Gardening has long been a tradition in Luna County and now, organizers of an upcoming raised bed gardening class hope to expand that tradition to more residents.

Luna County Cooperative Extension and Luna County Healthy Kids Healthy Communities are partnering to host an introduction to backyard gardening from 5:30 p.m. to 7 p.m. on Thursday, Feb. 22 in the basement of the Luna County Courthouse, 700 S. Silver Avenue. Extension Agent Jack Blandford will lead the instruction, which will include a demonstration of how to build a raised bed garden. The workshop is free and open to the public.

“For some in our community, access to fresh fruits and vegetables can be a challenge,” Matt Robinson, who oversees the HKHC program, said. “We hope to provide knowledge and access to resources so community members can produce their own healthy food.”

Attendees to the workshop will have their names entered in a raffle to take home the completed raised bed garden. Raised bed gardens are just that – boxes made of wood or other materials that enable gardeners to plant without breaking ground into earth. The boxes come in various shapes and styles and can be built to accommodate gardeners of various physical ability. Some boxes are built lower for children, while others are built taller for those unable to bend over or in wheelchairs. Blandford will demonstrate how to build a box suitable for most families.

The Extension Office is part of New Mexico State University’s College of Agricultural, Consumer and Environmental Sciences. Extension Offices work to address agriculture and natural resources, consumer and family issues, youth development and community economic development.

The HKHC program is funded by a grant through the New Mexico Department of Health. It focuses on systems and policy change addressing the local food system, nutrition and physical activity.

For more information or if you need special accommodations made for your attendance, please contact Robinson at (575) 543-6585 or [matt\\_robinson@lunacountynm.us](mailto:matt_robinson@lunacountynm.us).

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