

City of Scottsdale

# NEWS RELEASE

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## Learn how to create an edible garden and prepare healthy dishes from it

Join urban gardener Joan Baron and cooking expert Melanie Albert as they share the benefits and how-to's of growing your own healthy foods, herbs, edible flowers and fruit trees in our desert environment.

You'll learn about our planting and harvesting seasons and enjoy samples of freshly prepared vegetables.

This free program will be from 7 to 8:30 p.m. Thursday, Feb. 1, at the [Granite Reef Senior Center](#), 1700 N. Granite Reef Road. RSVPs are not needed.

[Joan Baron](#) is an environmental artist, urban garden educator and desert explorer. She loves to grow food wherever she can find some space. This includes her alley, where she has created a unique project called "Food in the Alley." It is a demonstration garden and laboratory where everything from Moringa trees and sugar cane flourish along with kale, Swiss chard and tomatoes. Better yet, anyone is welcome to come by and harvest what they need.



[Melanie Albert](#) is an intuitive cooking expert and author of "A New View of Healthy Eating." She is founder of Experience Nutrition Group, LLC and loves teaching and creating hands-on opportunities for people to see how easy and fun it is to prepare delicious and nutritious meals and snacks. Melanie can be found shopping at local farmers markets - always excited and supportive about what can be grown in Arizona. She encourages us to eat mindfully and cook with culinary skills and intuition.



This lecture is one in a series that includes:

- April 5 – Building with Earth and Mass in the Desert
- June 7 – Heating and Cooling with Ductless Mini-Splits

Learn more at [ScottsdaleAZ.gov](#) and search "green building."