



FOR IMMEDIATE RELEASE

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Local Garden Expanded to Provide Fresh, Healthy Food and Activity for the Community

Communities in Hyde County and across the state gain access to fresh produce

Swan Quarter, N.C. – The Hyde County Community Partners recently received a grant through Kate B. Reynolds for a Community Change Model Approach to reduce Obesity. The grant to date has also received from Nourishing North Carolina, a statewide community garden program making local, healthy food more accessible to people across the state. Blue Cross and Blue Shield of North Carolina (BCBSNC) launched the program in partnership with the North Carolina Recreation and Park Association (NCRPA) to create or enhance community gardens in all 100 North Carolina counties over the next three years.

Our garden not only provides healthy food, it also provides a safe area for our neighbors to work together, share a public green space, and be physically active through gardening and exercise with use of a paved walking trail now at Mattamuskeet campus.

Community gardens are just one targeted but impactful way to address health issues across North Carolina.

The Mattamuskeet Garden is a joint venture locally between Hyde County Health Department, Hyde County Cooperative Extension, Soil and Water Conservation, Albemarle Food Bank, and Mattamuskeet Elementary School.

The Mattamuskeet garden was started with Hyde County Soil and Water Conservation, Keep NC Clean and Beautiful, Bird and Nature observation canopy area, outside the science classroom as a teaching tool, until it was blown down. The purpose of the garden is to expand and teach children to grow their own food and live a healthy lifestyle.

Nourishing North Carolina is expected to ultimately provide North Carolina communities with 190,000 pounds of produce, which will enhance the nutritional value of nearly 150,000 meals and direct 10 tons of fresh produce to food shelter and rescue organizations across the state. For a complete list of participating gardens, visit NCRPA's Nourishing North Carolina webpage at www.ncrpa.net/NourishingNC.

However, we are still in need of volunteers, sponsors, and supplies. The garden needs donated seeds, use of garden tools, and tiller.

For more information about Mattamuskeet community garden please contact Hyde County Health Education Department at 926-5289.