

On the Plate!

FREE FARM TO NUTRITION CLASSES

Plant

Prepare

Preserve



Sat. March 15

Sat. April 19

Sat. May 17

<p>In the Garden <i>Building Your Garden</i> 10am-1pm</p> <ul style="list-style-type: none"> *Raised bed construction *Building up your soils *Composting 	<p>In the Garden <i>Planting Your Garden</i> 10am-1pm</p> <ul style="list-style-type: none"> * Food varieties grown best locally * Irrigation & companion planting * Planting in sun and shade 	<p>In the Garden <i>Maintaining Your Garden</i> 10am-1pm</p> <ul style="list-style-type: none"> *Maintaining your garden * Feeding & weeding *Pest management & crop rotation
<p>In the Kitchen <i>Cooking with Beans</i> 2pm-5pm</p> <p>We will prepare 3 recipes and learn food storage techniques.</p>	<p>In the Kitchen <i>Cooking with Greens</i> 2pm-5pm</p> <p>We will prepare 3 recipes and learn food storage techniques.</p>	<p>In the Kitchen <i>Cooking with Beets</i> 2pm-5pm</p> <p>We will prepare 3 recipes and learn food storage techniques.</p>

Taste the Food – Play the Games – Win the Prizes

All classes held @ Redwood Acres - 3750 Harris St., Eureka

REGISTER NOW - 707-445-3037 - SPACE IS LIMITED

www.redwoodacres.com



SNAP provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 415-473-3460 or toll free at 877-847-33