SPROUT YOUR SEASONINGS

Have you ever wanted to sprout your own herbs? Wished for a garden but don’t have a yard? Come learn how to grow your own herbs and veggies—no outdoor plot required!

FREE NUTRITION EDUCATION OFFERED BY UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION

In this two-part course you will:
- Learn how to sprout herbs and veggies
- Design and start your own herb garden
- Help plant a plot at the Co-Op
- Learn new recipes and culinary tips
- Taste seasonal herb dishes

Classes taught by Hannah Dahl, EFNEP Nutrition Instructor

Join us Saturday, March 28th and April 4th, 10-11:30am at the Sierra Vista Food Co-Op
Limited space available
Please RSVP to (623) 218-8388 or (520) 335-6676.

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