



THE UNIVERSITY OF ARIZONA  
**Cooperative Extension**  
Coconino County

## **COOKING FROM YOUR GARDEN**

### SUMMER HEALTH AND WELLNESS SERIES

### *JOIN US FOR FREE HEALTHY FOOD!*

*Do you want to learn about the health and environmental benefits of growing and cooking your own food? Do you have access to fresh produce but aren't sure how to cook with it? In this series you learn how to cook fresh and seasonal food, make a wicking bed for gardening in a small space, enjoy the new Killip school garden, and socialize with your community!*

**Each week will feature a gardening or wellness lesson:**

- ▶ Learn how to make budget-friendly food from your garden
- ▶ Construct a wicking bed to grow food and conserve water
- ▶ Learn the health benefits of gardening and growing seasonally
- ▶ Enjoy the new Killip school gardening space and make friends

**When: Wednesdays-**  
**July 19<sup>th</sup>, July 26<sup>th</sup>, August 2<sup>nd</sup>, August 9<sup>th</sup>**

- **Time: 5:30PM-7:00PM**
- **Where: We will meet at the Killip School Garden, rain or shine! 2300 E 6<sup>th</sup> Ave Flagstaff, AZ 86004**

**EACH CLASS WILL HAVE A DIFFERENT THEME AND SPEAKER**

- ▶ July 19<sup>th</sup> - Wicking Beds and Fall Gardening with Coconino Master Gardeners Holly Button, Geoff Wood, and Gayle Gratop
- ▶ July 26<sup>th</sup> - Fresh Garden Cooking with Master Gardener Frank Branham, Former Chef/Owner of The Cottage Place
- ▶ August 2<sup>nd</sup> - Healthy Taco Night with Nat Wheeler, NAU Nutrition Student and Coconino Extension Intern
- ▶ August 9<sup>th</sup> - Traditional Hopi Cooking with Deb Onsaie, Local Educator and Leader of the Killip Heritage Club

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**FOR QUESTIONS AND TO SIGN UP  
CONTACT**

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**Seating Limited!**  
**Walk-ins welcome, but please  
RSVP to guarantee your seat.**  
**Family Friendly Event**

**Cost: Free!**  
**This class is offered at NO COST to  
you. All food, drinks, and  
equipment will be provided.**



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