Preparation Seasonal Produce

Do you get fruits and vegetables from a CSA (community supported agriculture) or the farmers’ market and don’t know what do with it? Are you looking for new, creative ways to prepare a large amount of produce from your garden or what you brought home from a great sale at the grocery store? Or are you simply looking for quick and easy tips to help you add more vegetables to your diet?

This two-hour class will teach you how to prepare affordable and healthy dishes. It includes cooking demonstrations, sampling creative recipes, and helpful tips for eating more fruits and vegetables while saving time in the kitchen and stretching your food dollar.

Cottonwood: July 24, 2018
11:00-1:00pm Cottonwood Public Library
100 S. 6th Street, Cottonwood, 86326

Workshop requires advance registration. Call 928-445-6590 x221 to register.

Persons with a disability may request reasonable accommodation, such as a sign language interpreter, by contacting Lydia Watts at 928-445-6590 x221. Requests should be made as early as possible to allow time to arrange the accommodation.

This material was funded by USDA’s Supplemental Nutrition Assistance Program - SNAP through the AZ Health Zone. This institution is an equal opportunity provider.