



University of Arizona Cooperative Extension

Spice It Up!

Yavapai County Extension Program Coordinator and trained Chef, Aimee Novak along with Coconino County Extension Master Gardener in training, Andrea Neis, collaborate to provide a free food demonstration called “Spice It Up!”. They will demonstrate how to cook with fresh herbs and spices and provide tips on growing a home herb garden.



During this two-hour presentation, Aimee Novak demonstrates tips and tricks for creating customized spice blends, using herb sachets for seasoning, and how spices enhance food flavor. Andrea Neis will present ideas and information about growing edible herbs in the home garden, including reasons for growing herbs, the difference between annual, perennial, and biennial herbs, planting throughout the seasons, and considerations when planning an herb garden.

- ▶ Cook with less fat and salt
- ▶ Growing fresh herbs
- ▶ Enhance the flavor of food

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Dr. Edward C. Martin, Associate Dean & Director, Extension & Economic Development, Division of Agriculture, Life and Veterinary Sciences, and Cooperative Extension, The University of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, sexual orientation, gender identity, or genetic information in its programs and activities.

**Monday
February 13
1 - 3 P.M.
Si Birch
Community
Room**



sedona
public
library

3250 White Bear Rd,
Sedona, AZ 86336

Phone: (928) 282-7714