

From the garden to the table



Join our gardening program Tasting Tuesdays:

- Explore a variety of vegetables and recipes with a **COOKING DEMO** and **TASTING**
- Build skills in growing and preparing your own seasonal food
- Participate in informal conversation about gardening and food and **HAVE FUN**

We provide everything you need to participate.

Everyone is welcome!

When: Tuesday, August 22, 2017
9:30am - 12:00pm

Where: Kitchener Downtown Community Health Centre, 44 Francis Street, S, Kitchener, 1st floor

Register: Call **519-745-4404 x 209** or

Email: ahodzic@kdchc.org

Childcare Available Upon Request

August Featured Vegetable: **PEPPERS**

- *Gardening information and tips*
- *Nutritional information*
- *Storage and shelf life*
- *Tasting activity*
- *Preparation/cooking demo:*
 - *Chunky Greek Salad*
 - *Vegetarian Stuffed Peppers*



2017 Tasting Tuesday
Dates and Featured Vegetables:

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|-----------|---------|
| June 27: | Spinach |
| July 25: | Beans |
| Aug. 22: | Peppers |
| Sept. 26: | Squash |