

From the garden to the table



TASTING TUESDAY

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, June 27, 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

June Featured Vegetable: **SPINACH**

- Gardening information and tips
- Nutritional information
- Storage and shelf life
- Tasting activity
- Preparation/cooking demo:
 - Strawberry & Spinach Salad
 - Spinach Quiche Cups



2017 Tasting Tuesday Dates and Featured Vegetables:

June 27:	Spinach
July 25:	Beans
Aug. 22:	Pepper
Sept. 26:	Squash