

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, September 26, 2017  
9:30am - 12:00pm

**Where:** Kitchener Downtown Community Health Centre, 44 Francis Street, S, Kitchener, 1<sup>st</sup> floor

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

Email: [ahodzic@kdchc.org](mailto:ahodzic@kdchc.org)

Childcare Available Upon Request

September Featured Vegetable: **SQUASH**

- Gardening information and tips
- Nutritional information
- Storage and shelf life
- Tasting activity
- Preparation/cooking demo and tips:
  - **Roasted Butternut Squash**
  - **Butternut Squash Bruschetta**



2017 Tasting Tuesday  
**Dates and Featured Vegetables:**

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