



# On the Plate!

**FREE**

## FARM TO NUTRITION CLASSES

Plant



Prepare



Preserve



**Sat. March 15**

**Sat. April 19**

**Sat. May 17**

<p><b>In the Garden</b> <i>Building Your Garden</i> 10am-1pm</p> <ul style="list-style-type: none"> <li>*Raised bed construction</li> <li>*Building up your soils</li> <li>*Composting</li> </ul>	<p><b>In the Garden</b> <i>Planting Your Garden</i> 10am-1pm</p> <ul style="list-style-type: none"> <li>* Food varieties grown best locally</li> <li>* Irrigation &amp; companion planting</li> <li>* Planting in sun and shade</li> </ul>	<p><b>In the Garden</b> <i>Maintaining Your Garden</i> 10am-1pm</p> <ul style="list-style-type: none"> <li>*Maintaining your garden</li> <li>* Feeding &amp; weeding</li> <li>*Pest management &amp; crop rotation</li> </ul>
<p><b>In the Kitchen</b> <i>Cooking with Beans</i> 2pm-5pm</p> <p>We will prepare 3 recipes and learn food storage techniques.</p>	<p><b>In the Kitchen</b> <i>Cooking with Greens</i> 2pm-5pm</p> <p>We will prepare 3 recipes and learn food storage techniques.</p>	<p><b>In the Kitchen</b> <i>Cooking with Beets</i> 2pm-5pm</p> <p>We will prepare 3 recipes and learn food storage techniques.</p>

Taste the Food – Play the Games – Win the Prizes

**All classes held @ Redwood Acres - 3750 Harris St., Eureka**

**REGISTER NOW - 707-445-3037 - SPACE IS LIMITED**

[www.redwoodacres.com](http://www.redwoodacres.com)



SNAP provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 415-473-3460 or toll free at 877-847-33