

FREE! | All ages

Harvest to Table

Enjoy hands-on cooking demonstrations and receive helpful nutrition tips to create fresh and delicious dishes!

March 22 11:00am – noon **Program: Antioxidants and Chronic Disease Prevention**
Recipe: Vegetable Napoleon

J. B. Williams Park Community Garden, Lilburn

April 24 5:30pm – 6:30pm **Program: Basics of Food Preservation**
Recipe: Easy Chickpea Kale Soup

E. E. Robinson Park Community Garden, Sugar Hill

May 15 5:30pm – 6:30pm **Program: Calcium Sources**
Recipe: Pasta Salad with Greek Yogurt Dressing

Dacula Park Community Garden, Dacula



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