

# Grow It, Cook It, Eat It

*Enjoy an evening of cooking demonstrations, taste testing, palate pleasing recipes, & plant and gardening advice. Learn how to select the best vegetable cultivars to grow or which to look for at a farmer's market or local grocery. Learn how to tell when a vegetable is ready to harvest, how to store it, and cook it.*

\*\*\*Every participant will be able to sample fresh produce as well as prepared recipes and receive a recipe book and gardening resources\*\*\*

## **Go for the Greens! - Beet greens, bok choy, cabbage, collards, kale, napa, spinach, swiss chard, turnip greens**

Date: Monday, July 27, 2015

Time: 6:00—8:00 p.m.

Location: Trinity United Methodist Church, 808 Carpenter Ave., Iron Mountain, MI 49801

Cost: \$20/person for one session or \$50 for all 3 sessions by July 24th

## **Root for the Root Vegetables— beets, carrots, kohlrabi, parsnips, potatoes, rutabaga, sweet potatoes, turnips**

Date: Monday, August 24, 2015

Time: 6:00—8:00 pm

Location: Trinity United Methodist Church, 808 Carpenter Ave., Iron Mountain, MI 49801

Cost: \$20/person for one session or \$50 for all 3 sessions by July 24th

## **Pumpkins and Their Kin— winter squash and pumpkins**

Date: September 14, 2015

Time: 6:00—8:00 pm

Location: Trinity United Methodist Church, 808 Carpenter Ave., Iron Mountain, MI 49801

Cost: \$20/person for one session or \$50 for all 3 sessions by July 24th

**Register for these exciting workshops at the extension events website by July 24th at: <http://events.anr.msu.edu/UPGrowItCookItEatIt/>**

Contact Beth Waitrovich at 906-774-0363 or [waitrovi@anr.msu.edu](mailto:waitrovi@anr.msu.edu) or Rebecca Krans at 906-875-0606 or [kransr@anr.msu.edu](mailto:kransr@anr.msu.edu) for more information.

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