

UF/IFAS Lake County Extension Presents...

Local Cuisine From the Roots Up

An educational series tracing food from farm to table

Eat Your Greens!

November 18th

10am-Noon

UF/IFAS Lake County Extension
1951 Woodlea Rd Tavares



UF | IFAS Extension
UNIVERSITY of FLORIDA



“Eat your greens” is a familiar phrase heard around supper tables, and for good reason! Greens can be a nutrient dense and delicious addition to any diet. Learn to grow a variety of greens in your home garden and explore healthy ways to use them in your kitchen.

For more information please contact Brooke Moffis or Mia Wilchcombe at 352.343.4101

Cost: \$10, includes printed material, recipes, and tasty samples

Pre-Registration is required online at

UFRootsUp.eventbrite.com

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