

UF/IFAS Lake County Extension Presents...

Local Cuisine From the Roots Up

An educational series tracing food from farm to table

Fall Into Veggies

September 16th

10am-Noon

UF/IFAS Lake County Extension
1951 Woodlea Rd Tavares



UF | IFAS Extension
UNIVERSITY of FLORIDA



Back to school time is a great time to establish healthy habits (no matter how old you are). Learn what veggies grow best in Florida in the fall and develop a plan for incorporating them into your diet.

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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