

UF/IFAS Lake County Extension Presents...

# Local Cuisine From the Roots Up

*An educational series tracing food from farm to table*

Ever wonder where your food comes from? Join us as we explore the journey that your food takes on it's way from the farm to your fork. Each session will provide an overview of agricultural production, selection tips, and cooking techniques. Classes will conclude with an opportunity to sample some tasty recipes.

January 21 <sup>st</sup>	10am	Cultivate and Create with Herbs
February 18 <sup>th</sup>	10am	From Veggie Garden to Table
March 14 <sup>th</sup>	6pm	Chicken and the Egg
May 11 <sup>th</sup>	10am	Bountiful Blueberries
June 29 <sup>th</sup>	10am	Get Your Grill On
July 15 <sup>th</sup>	10am	Grow and Eat Caribbean Style
August 19 <sup>th</sup>	11am	Creature Cuisine
September 9 <sup>th</sup>	10am	Fall into Veggies
October 17 <sup>th</sup>	6pm	Sweet as Can Bee
November 18 <sup>th</sup>	9am	Much Ado About Veggies
December 16 <sup>th</sup>	10am	Cooking with Citrus

All Classes are offered at the  
 UF/IFAS Lake County Extension Office  
 1951 Woodlea Rd Tavares

Pre-Registration Required Online at

**[UFRootsUp.eventbrite.com](http://UFRootsUp.eventbrite.com)**

For more information please call:  
 352.343.4101

