

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 st	10am	Cultivate and Create with Herbs
February 18 th	10am	From Veggie Garden to Table
March 14 th	6pm	Chicken and the Egg
April 13 th	6pm	Bountiful Blueberries
May 2 nd	6pm	Get Your Grill On
August 19 th	11am	Creature Cuisine
September 16 th	10am	Fall into Veggies
October 17 th	6pm	Sweet as Can Bee
November 18 th	10am	Eat Your Greens
December 12 th	6pm	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

For more information please call:
 352.343.4101



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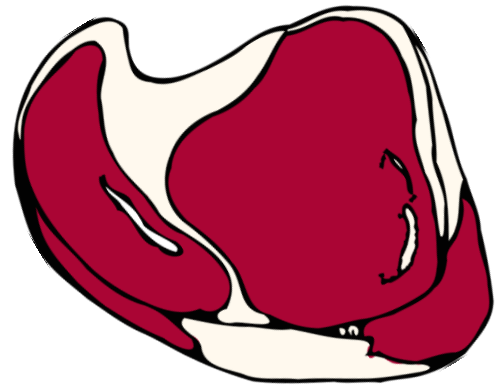
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Get Your Grill On!

May 2nd

6-8pm

UF/IFAS Lake County Extension
1951 Woodlea Rd Tavares



What cuts of beef are best for the grill? What's the difference between grass fed and grass finished? How can you select a great steak at the supermarket? Get the answers to all these questions while learning safe grilling techniques and healthy recipes. Enjoy tasty samples fresh from the grill!

For more information please contact Megan Mann or Mia Wilchcombe at 352.343.4101

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

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