

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 9th

### 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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