



COOKING FROM THE GARDEN

Garden inspired recipes for the whole family

Do you want to learn how to grow and cook seasonal fruits and vegetables? Are you bored eating the same ones over and over? Come and explore a world of possibilities in the garden and on your plate at the Central Texas Food Bank. We are offering free garden based cooking classes to help you grow, harvest, taste, and learn about fruits and vegetables. You'll harvest fresh, seasonal produce in our on-site garden, and learn an easy way to prepare the food at home. We'll even send you home with ingredients!

Class Dates: Wednesdays from 5/18 - 6/22

Class Time: 5:30 pm - 6:30 pm

Location: 6500 Metropolis Dr. Austin, TX 78744

In this class you will:

- Receive a weekly grocery box including seasonal fruits and vegetables
- Cook healthy recipes featuring fresh ingredients
- Learn about organic gardening



All Ages Welcome – Family Friendly

(No childcare provided – all children must be supervised by adult guardian)

To register please visit

www.centraltexasfoodbank.org/cookingclass

