

All ages | Free!

HARVEST TO TABLE



Enjoy hands-on
cooking demonstrations
and receive
helpful nutrition tips
to create fresh and
delicious dishes!

Minestrone Soup

A legumes recipe.

4:30pm – 5:30pm

Thursday, January 29

West Gwinnett Park Community Garden

White Chicken Chili

A protein recipe.

4:00pm – 5:00pm

Tuesday, February 10

J. B. Williams Park Community Garden

Thursday, February 19

E. E. Robinson Park Community Garden

LiveHealthyGwinnett.com
678.277.0287



UNIVERSITY OF GEORGIA
EXTENSION

