

Viva Vegetables! Series @ the library

Wednesdays @ 7:00 p.m.

Classes hosted at the Kearns Library

5350 South 4220 West

*Recipes and samples
for tasting will be provided!*

September 14

Corn: It sounds a little “corny,” but come learn about the health benefits of corn, with cost and time effective strategies for incorporating corn into your meals.

October 12

Winter Squash: Summer is over and you have finally found a home for the last of your abundant garden zucchini crop, but don’t give up on squash altogether. Come learn the benefits of winter squash and how to store and prepare it.

November 9

Sweet Potatoes: Do you only recognize sweet potatoes if they are buried under a layer of marshmallows? Come learn how to select, prepare and store sweet potatoes.

December 14

Winter Greens: Bring a little bit of the South into your home and come learn about the health benefits of eating “greens”.

January 11

Potatoes: Did you know that potatoes are one of the most popular and versatile vegetables out there? Learn new time and cost effective ways to incorporate them in meals.

February 8

Root Vegetables: Are you aching for spring green vegetables after a long cold winter? Don’t discount the wonderful root vegetables still available and loaded with flavor and nutrition.

March 14

Cabbage: Do you eat cabbage only on St. Patrick’s Day with Corned Beef? Come learn about the health benefits of eating cabbage year round!

April 11

Salad Greens and Spinach: Are you tired of the same iceberg salad? Come learn about the health benefits of different types of salad greens and spinach.

Presented by the USU Extension Food Sense Program
Register at 801-468-3179 or
<http://extension.usu.edu/saltlake/html/register>