

*Bring a Friend for a Healthy Night Out -*

# FREE Friday Cooking Classes!

Iron Roots Urban Farm is pleased to present the Summer 2014 cooking class schedule. Each of our cooking instructors will share their story, recipes and nutritional tips to help you create a healthy, affordable delicious meal. The classes are designed to work with families, local growers, and community cooks to help foster a healthier and more sustainable community. All classes will be held on Fridays from 6:00-8:00PM in the HMHP Foundation Demonstration Kitchen located at 822 Billingsgate Avenue.



An RSVP is strongly recommended. Please contact Liberty Merrill at 330.480.0423 or [lmerrill@yndc.org](mailto:lmerrill@yndc.org) to pre-register. All classes are FREE, and there will be food to taste!

**July 25: Easy Summer Thai Meals**—Aaron Bonilla is an alternative health specialist who has travelled extensively in Asia, including living in both Thailand and China. Aaron will teach the class how to make a Thai meal using fruits, veggies, and rice.

**August 8: Fresh Fun Finger Meals**—Adam Lee of The Sprouted Table will teach students how to use your creativity to make gourmet finger foods fun and affordable.

**August 22: Indoor Grill and Chill**—Marla Herrmann of The Big Green Thing will share with the class how to use basic stoves, conventional ovens, and griddles to make delicious and nutritious summer meals.

**September 5: Canning for Home Preservation**—Beth Stefura of the Ohio State University Extension will teach the class how to can and preserve summer harvests for storage.

**September 19: Cooking with Fresh Herbs and Mushrooms**—Sophia Buggs of Lady Buggs Farm will teach class participants about different ways to add zest and flavor to meals using fresh herbs and mushrooms.

**October 3: Cooking on a Budget**—Ina Madison is a community cook committed to helping families eat delicious meals on a budget. She will teach the class how to take one meal and stretch it into many.

**June 27: Delicious Summer Diner**—Jarrett Session of Food Fusion Catering Company will demonstrate how to create a fall meal that will fit your taste, budget, and style.



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