

Bring a Friend for a Healthy Night Out -
FREE Friday Cooking Classes!!

Iron Roots Urban Farm is pleased to present our Summer and Fall 2015 cooking class schedule. Each of our cooking instructors will share their story, recipes and nutritional tips to help you create healthy, affordable delicious meals. All classes are **FREE** to attend and will be held on Friday evenings from **6:00-8:00PM** in the HMHP Foundation Demonstration Kitchen located at **822 Billingsgate Avenue**.



An RSVP is strongly recommended. Please contact YNDC at 330.480.0423 to preregister. All classes are FREE, and there will be food to share!

July 3: Cooking with Herbs—Sophia Buggs of Lady Buggs Farm will teach class participants about using different herbs in cooking and which foods go well with several culinary herbs.

July 17: How to Cook Greens— Ina Madison, a community cook, will teach class participants what to do with all the greens in their gardens!

August 14: Preserving Your Harvest; Small Batch Canning, Dehydrating, and Freezing— Shannon Blackshire of Her Primitive Ways will teach class participants how to save a variety of vegetables to use all winter.

August 28: Baking with Apples— Karen Schubert, a community baker, will teach class participants several different delicious ways to bake with your fall apple harvest.

September 4: Romantic Dinner for Two— Marla Herrman of the Big Green Thing Food Truck will teach class participants how to make a romantic dinner for two from local ingredients. Learn how to impress the special someone in your life!

September 18: Eat a Rainbow—Eating Local and in Season— Sophia Buggs of Lady Buggs Farm will teach class participants about eating seasonal, local produce all year long.

October 2: Holiday Desserts— Carol Freeman of Carol's Baked Goods will teach class participants how to bake tasty holiday treats.

October 16: Steamed Buns— Gianna Cioffi of The Lake To River Cooperative will teach class participants how to steamed buns, a versatile and delicious fall treat.

November 6: Holiday Potluck and Recipe Share— Come share your favorite holiday recipes!

November 20: Handcrafted Artisanal Cheese— Abbe Turner of Lucky Penny Farm will teach class participants how to make cheese from goat and sheep milk.