Enjoy an evening of cooking demonstrations, taste testing, palate pleasing recipes, & plant and gardening advice. Learn how to select the best vegetable cultivars to grow or which to look for at a farmer’s market or local grocery. Learn how to tell when a vegetable is ready to harvest, how to store it, and cook it.

***Every participant will be able to sample fresh produce as well as prepared recipes and receive a recipe book and gardening resources***

**Go for the Greens!**
- Beet greens, bok choy, cabbage, collards, kale, napa, spinach, swiss chard, turnip greens

**Date:** Monday, July 27, 2015  
**Time:** 6:00—8:00 p.m.  
**Location:** Trinity United Methodist Church, 808 Carpenter Ave., Iron Mountain, MI 49801  
**Cost:** $20/person for one session or $50 for all 3 sessions by July 24th

**Root for the Root Vegetables**
- beets, carrots, kohlrabi, parsnips, potatoes, rutabaga, sweet potatoes, turnips

**Date:** Monday, August 24, 2015  
**Time:** 6:00—8:00 pm  
**Location:** Trinity United Methodist Church, 808 Carpenter Ave., Iron Mountain, MI 49801  
**Cost:** $20/person for one session or $50 for all 3 sessions by July 24th

**Pumpkins and Their Kin**
- winter squash and pumpkins

**Date:** September 14, 2015  
**Time:** 6:00—8:00 pm  
**Location:** Trinity United Methodist Church, 808 Carpenter Ave., Iron Mountain, MI 49801  
**Cost:** $20/person for one session or $50 for all 3 sessions by July 24th

Register for these exciting workshops at the extension events website by July 24th at: [http://events.anr.msu.edu/UPGrowItCookItEatIt/](http://events.anr.msu.edu/UPGrowItCookItEatIt/)

Contact Beth Waitrovich at 906-774-0363 or waitrovi@anr.msu.edu or Rebecca Krans at 906-875-0606 or kransr@anr.msu.edu for more information.

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