



FREE FOOD & GARDEN CLASSES!

Cleveland Roots is partnering with Stone Soup Cleveland to offer 6 classes, free of charge, in our 2017 Food & Garden Series.

CLEVELAND ROOTS COMMUNITY GARDEN - 2017 Food & Garden Series -

Class 5 – Stealth Health

Learn how to hide great nutrition in your favorite meals
- and eat better more easily!

-- Demonstrations, Recipes and Samples will be shared in class! --
FRESH PRODUCE will be available for participants to take home.

Sunday, November 5, 2017

2:00 - 3:30pm

at

Cleveland Roots

3257 W. 41st Street - Cleveland, OH - 44109

INFO and RSVP! 216-256-9672, info@clevelandroots.org

More about the CRCG Food & Garden Series:

Join us as Cleveland Roots and Chef Giovanna Mingrone partner to help you make great food for yourself and your family through indoor and outdoor gardening, great produce choices and healthy recipes! Classes in this series will cover topics including growing and preserving your garden harvest, “Stealth Health” – making your favorite recipes healthier, winter gardening and more! Classes will be offered September 10 & 24, October 8 & 22, and November 5 & 19. Take one, two or all classes! www.ClevelandRoots.org - Find Us on Facebook!

The Cleveland Roots Community Garden was made possible through the generous support of Neighbor Up! and the Cleveland Climate Action Fund.