



# *Eat What You Grow*

## *Cabbage, Kale & Peas*



**Virtual Workshop**

**Thursday, March 25**

**6 to 7 p.m.**

**Class is FREE**

**and open to the public, but  
registration is required!**

**Presenters from Rutgers Cooperative Extension of Cape May County:**

**Chris Zellers, FCHS Educator/Assistant Professor**

**Jen Sawyer, ANR County Program Associate for Commercial Agriculture**

***Participants will learn...***

- ◆ **Growing Basics**
- ◆ **Nutritional Values**
- ◆ **Preparation and Recipes**



**Register in advance at :**

**<https://go.rutgers.edu/ldphoknm>**

**County Employees who attend this class will earn 5 Wellness Incentive Points!**