



Eat What You Grow Series 2025

Four Seasonal Sessions - Choice of Day or Evening

Winter - January 22, 6:30 to 8pm or January 23, 1 to 2:30pm

Spring- April 9, 6:30 to 8pm or April 17, 1 to 2:30pm

Summer - June 11, 6:30 to 8pm or June 12, 1 to 2:30pm

Fall - October 15, 6:30 to 8pm or October 16, 1 to 2:30pm

Sign up for individual classes or register for all 4 classes
(day or evening) and receive a discount!

Bundle discount link: <https://go.rutgers.edu/ja6sek6b>



Eat What You Grow: Winter Session

January 22, 2025 * 6:30 to 8pm * \$10

January 23, 2025 * 1 to 2:30pm * \$10

Presenters: Anneliese Kuemmerle, MS, RDN, FCHS Program Associate II

Jen Sawyer Caraballo, ANR Program Associate II

Topics will include...

Garden Planning, Herbs, Perennial Fruits & Vegetables, Eating Seasonally, Health Benefits, Garden Friendly Pantry, and Cultivating Flavor Profiles

Participants will take home Herb Seedlings and more!

Classes will take place at Rutgers Cooperative Extension of Cape May County
355 Court House - South Dennis Road, CMCH, NJ 08210

Register for January 22 class at: <https://go.rutgers.edu/s3ixlron>



Register for January 23 class at: <https://go.rutgers.edu/aish5shf>

County Employees who attend this class will earn 10 Wellness Incentive Points!

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.