



Eat What You Grow Series 2025

Upcoming Seasonal Sessions - Choice of Day or Evening

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



Eat What You Grow: Spring Session

April 9, 2025 * 6:30 to 8pm * \$10

April 17, 2025 * 1 to 2:30pm * \$10

**Presenters: Anneliese Kuemmerle, MS, RDN, FCHS Program Associate II
Jen Sawyer Caraballo, ANR Program Associate II**

Participants will learn about...

Seed starting, greens & root vegetables, how to shop at farm markets/stands, benefits of eating seasonally, preserving spring harvests, and encouraging kids to eat what they grow!

Plus, get hands-on experience sowing tomato seeds to take home with recipe idea cards.

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

Register for April 9 class at: <https://go.rutgers.edu/2ndjz63h>



Register for April 17 class at: <https://go.rutgers.edu/8w6qqg4w>

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.