

Summer's Bounty:

A seasonal cooking class series focusing on the plethora of fresh produce available through CSAs and Farmers Markets

Learn exciting new recipes to introduce more fruit and vegetables into your family's meals. Each class will feature a demonstration of 4-5 recipes and attendees will receive a packet of multiple recipes to take home.

June 10: Asparagus, Broccoli, Cabbage, Carrots, Green Onions, Kale, Radishes, Spinach, Zucchini

July 8: Beets, Collard Greens, Cucumbers, Green & Yellow Beans, Kohlrabi, New Potatoes, Summer Squash

August 5: Eggplant, Hot Peppers, Melon, Peaches, Peppers, Sweet Corn, Tomatoes

September 9: Apples, Potatoes, Fall/Winter Squash, Tomatoes

Classes will be held from 6-9 p.m. at Bolton & Hay, 2701 Delaware Avenue, Des Moines.
\$50 per person or \$180 for the entire series

To register or for more information, visit www.boltonhay.com and click on the Cooking Classes link in the left navigation



WE CAN REALLY MAKE YOU COOK

