

Farm to Cook Seminar

Expanding Farm to School in Washington County

Are you interested in serving local food but don't know where to find it?

Are you looking for ways to expand your menu to include local food without increasing your budget?

In this two hour seminar, we will explore these questions and you'll get a chance to meet farmers. Come to find out what other cooks are doing to make school menus fresh and nutritious while supporting the local economy, and to get new resources from Downeast Farm to School.

Learn more about:

- **School Gardens**
- **Maine Harvest Lunch**
- **Local Food Recipes**
- **Buying Local Food**
- **New! School-Supported Agriculture**

When: February 24th, 2010
snow date 3/03

Where: Pembroke Elementary School

Time: 1pm - 3pm

Sign up: This event is free! Please register by February 16th by contacting:
Regina Grabrovac, Farm to School Coordinator.
263-4396; grabrovac@gmail.com

This event is brought to you by Downeast Farm to School and Washington County: One Community



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