

Step into Summer... Cooking!

Be a Localvore this summer! Take advantage of the summer harvest and learn how to prepare delicious entrées, sides, soups and salads. Sign up for one or more Healthy Monroe cooking classes where you'll learn from area chefs how to prepare tasty, healthy dishes using in-season fruits and vegetables.



Mid-Summer Harvest Cold Soups & Salads

Register by Mon., July 5

Monday, July 12
6:00 - 8:00 p.m.

Create cold soups and salads highlighting mid-summer harvest produce, such as snap beans, beets and beet greens, zucchini, spinach and summer fruits, with Chef Bradley Butler, Certified Executive Chef.



Nightshade Family of Vegetables Entrées

Register by Mon., August 2

Monday, August 9
6:00 - 8:00 p.m.

Explore refreshing summer entrées, featuring tomatoes, eggplants, peppers and potatoes, with Chef Bill Park, Executive Chef and Director of Food and Nutrition Services at the Greater Rochester Chapter of the American Red Cross.



Late Summer Harvest Entrées & Sides

Register by Mon., Sept. 6

Monday, Sept. 13
6:00 - 8:00 p.m.

Enjoy late summer harvest entrées and sides highlighting such vegetables as corn, cauliflower, broccoli, cabbage and carrots, along with apples and melons, with Chef Gary Piazza, Owner/Chef of the Gray Ghost Gourmet.

Location: Cornell Cooperative Extension of Monroe County
249 Highland Avenue, Rochester, NY 14620

Cost: General: \$30 per session or Friends*: \$25 per session
\$75 if you attend all 3 sessions

Registration: Call 461-1000 ext 0 or register online at mycce.org/monroe
Maximum 20 enrollees per class

* Become a Friend of the Extension & save! Visit <https://www.mycce.org/monroe/friends/friends.taf>

Cornell Cooperative Extension in Monroe County provides equal program and employment opportunities.



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Be a Localvore!

