



Cooking With Herbs & Spices

Wednesday, April 21 at 2:00-4:00 pm or 5:30-7:30 pm
Cooperative Extension, 193 Callahan Koon Road, Spindale

Herb & Spice Identification Harvesting, Storing, & Preserving Herbs
Health Benefits Garnishes & Other Uses of Herbs
Cooking Techniques Using Herbs & Spices

Taste Samples.....Recipes..... And More!

Call Cooperative Extension 287-6010 to register. \$5 per person

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Tracy Davis, Extension Agent, Family and Consumer Sciences at 828.287.6010 or Tracy_Davis@ncsu.edu or fax – 828.288.4036, or in person at the County Extension Office at least 10 days prior to the event.