

COOKING SMART WITH FRESH HERBS

Do you love the smell of fresh herbs, but unsure about how to include the taste of them in recipes?

If so, this session is for you! Come discover fresh flavor ideas for your summer meals. Plus, you'll get recipes that are sure to help you eat smart with less added salt, sugar, and fat.

No cost to participants.

CHOOSE FROM THE FOLLOWING 2019 LOCATIONS:

Belmont Library:
125 N. Central Ave., Belmont

Mon., June 10th | 2 - 3pm
Phone: 704.825.5426

Cherryville Library:
605 E. Main St., Cherryville

Wed., June 19th | 10 -11am
Phone: 704.435.6767

Dallas Library:
105 S. Holland St., Dallas

Thurs., June 13th | 2 - 3pm
Phone: 704.922.3621

Gastonia Main Branch Library:
1555 E. Garrison Blvd., Gastonia

Mon., August 12th | 3 - 4pm
Phone: 704.868.2164 - select option 4

Lowell Community Center:
501 W. First St., Lowell

Thurs., June 27th | 10 - 11am
Phone: 704.824.0099

Lucile Tatum Center:
959 Osceola St., Gastonia

Tues., June 25th | 6 - 7pm
Phone: 704.922.2127

Mt. Holly Library:
245 W. Catawba Ave., Mt. Holly, NC

Mon., June 24th | 2 - 3pm
Phone: 704.827.3581

Stanley Library:
205 N. Peterson St., Stanley

Mon., June 17th | 2 - 3pm
Phone: 704.263.4166

INSTRUCTOR:

Linda J. Minges, MPH, RD, LDN
NC Cooperative Extension

REGISTRATION:

Call site location within
5 business days of session

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For accommodations for persons with disabilities, contact site location within 5 business days of event.

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