

Setting the Table: Engaging the Community in Local Agricultural Issues Through Cooking Demonstrations

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Do What you Love and Love What You do!

Provide recipes to assist people in utilizing unusual vegetables. They may also be unsure of how to select a specific item—when is it ripe?

Eating is such a social activity—people can't help but feel good and happy when being presented with healthy, tasty food. When they become aware of their connection to their community, land and environment, they will have a greater appreciation for what is on their table, and what they put in their mouth!

People often need to be shown what to do with new and unusual produce items.

By emphasizing the nutritional value of food that is 'right off the vine' many people will be additionally eager to modify their eating and spending habits to support locally



Provide locations where locally grown foods can be found in your area:

- **Farmers' Markets**
- **Farm Stands**
- **Specific Grocery Stores**
- **CSAs**

List websites where additional information is provided on farmers' markets schedules, and public transportation that may be available.



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Local, Fresh, and In Season Cooking Demo

Laura Hunsberger from the Cooperative Extension in Worcester County will be providing a cooking demonstration using locally grown fruits and vegetables.

**Thursday, March 23rd
12:00 PM - 1:00 PM in classroom A-1**

To pre-register, contact Autumn Romanowski at x3263 or via e-mail **March 21st**.

A \$2.00 registration fee will need to be paid upfront to reserve your spot.



March is Nutrition Month.