



Growing and Cooking Vegetables

Date: May 19, 2009

Time: 10 a.m. until noon

Where: UNL Douglas/Sarpy Extension
8015 W. Center Rd.

Cost: \$15 in advance

Presenters: Kathleen Cue and Cindy Brison



REGISTER & PAY BY MAY 15 SO WE CAN PLAN FOR TASTY FOOD SAMPLES!

Learn:

- **When to plant vegetables**
- **What vegetables grow best in Nebraska**
- **How to cook vegetables grown in your garden**
- **Sample recipes the whole family will love**

2009 Vegetable Class

NAME: _____

ADDRESS: _____

PHONE: _____

Please return this portion of the form and payment by May 15 to:

UNL Extension Douglas/Sarpy County

Attn: Vegetable Class

8015 W. Center Rd

Omaha, NE 68124

**make checks payable to UNL Extension*

Don't forget to check us out on-line:

Nutritionknowhow.org



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.