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April COOKING DEMONSTRATION

“From Earth to Kitchen: Companion Planting in the Garden to benefit harvests and provide for balanced nutrition”

Wednesday, April 29
2 - 3:30 PM

At the Healthy Teaching Kitchen
at Cow Creek Health & Wellness Center
2589 NW Edenbower Blvd, Roseburg

RSVP to (541) 672-8533
Press #2 for Roseburg
Registration is Required

Free Class

Curious about the purpose of companion planting? Join the *Ts’ámx Yuwáx Tamiínsii* (Healthy Living Team) to learn how the Native American story of the Three Sisters (corn, beans, and squash) support each other in the garden and bring balanced nutrition to the kitchen table. We’ll be presenting a fresh take on nachos, Three Sisters style, topped with fixings for a hearty meal.

Food samples and recipes with each class!

Meet our *ts’ámx yuwáx tamiínsii* (Healthy Living Team)

[ts'-AHM-x yoo-WAH-x dah-MEEN-see]



Claire Grubb, RD, LD



Peyton Rondeau, MS, RD



April Gilliom, ND