

# GARDENS, *Greens &* GADGETS

FREE, FUN-FILLED  
*Family Event*



*Wednesday,*  
**AUGUST**  
**1**

**5:30-8:00PM**

Vesperman Farms – 8149 Stage Road, Lancaster

*Learn how to use all those wonderful vegetables in delicious and nutritious recipes from the experts - Grant County Master Gardeners and Grant Regional staff! You'll enjoy cooking demonstrations, loads of ideas and tools to try new recipes!*

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|-------------|---|
| 5:30PM      | Welcome   |
| 5:30-7:00PM | Vendor Booths..... Pampered Chef, Tupperware, Farmer's Market   |
| 5:30-6:40PM | Kids Outdoor Activities..... Grant Regional Sports Medicine     |
| 5:40PM      | Juicing/Puréed Demo ..... Grant Regional Health Center          |
| 6:00PM      | Salsa Demonstration ..... Corey Weydert, GRHC/GCMG              |
| 6:20PM      | Meatless Meatballs demo ..... Grant County Master Gardeners     |
| 6:40PM      | Kid's Sampling "I ♥ veggies" ..... Grant Regional Health Center |
| 7:00PM      | Q & A w/Master Gardeners/Booths ..... All Booths                |



**GRANT REGIONAL**  
HEALTH CENTER

**aspire**  
*to live well*

Sign up soon on [grantregional.com](http://grantregional.com)  
or call (608) 723-3223.

