



**FOOD WISE**  
Healthy choices, healthy lives.

UW-MADISON EXTENSION

# FOOD PREP CLASSES FOR GARDEN PRODUCE

A free educational program to help home gardeners learn tips and practices on growing, harvesting, and preparing vegetables

**WHEN:** July, August, September  
1st & 3rd Wednesday of the month  
10 a.m. or 7 p.m. - 35 minutes long

**WHO:** Adults, seniors, and families

**REGISTER:** Scan QR code to register or click the link: <https://go.wisc.edu/785183>



After registering, you will receive a confirmation email with information about joining the session.



## EACH SESSION WILL COVER:

- a recipe demonstration with the featured vegetable of the week
- 2 to 3 recipes will be shared for each vegetable
- how to prepare, cook, and store the featured vegetable
- discussion on healthy choices

**SESSIONS ONLINE VIA ZOOM:  
FREE, NO DRIVING, & EASY TO USE**

**THOSE ATTENDING 5 OF THE 6 SESSIONS  
WILL RECEIVE AN INCENTIVE**

**JULY 7  
TOMATOES**



**JULY 21  
PEPPERS**



**AUGUST 4  
SUMMER SQUASH**



**AUGUST 18  
GREEN BEANS**



**SEPTEMBER 1  
SALAD GREENS**



**SEPTEMBER 15  
WINTER SQUASH**



An AA/EEO employer, University of Wisconsin–Madison provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made one week prior to the start of the series for which it is needed by calling 608-930-9856. FoodWise is funded by the USDA Supplemental Nutrition Assistance Program –SNAP and the Expanded Food and Nutrition Education Program – EFNEP .

## FOR ADDITIONAL INFORMATION:

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