



## 2019 Garden-to-Table Topic: Culinary Herbs

At Farm Girl Fresh, we believe nutrition starts from the ground up. In our presentation, we invite the audience to participate in how to grow healthy plants using the best growing practices and techniques. We discuss preserving methods including the process of freezing, canning and dehydrating. The presentation ends with audience participation preparing one of our tasty recipes with added helpful cooking tips.

It's our passion to help others be successful in growing, preserving and preparing pure food for a lifetime investment for better health! Please email us to schedule your event. [info@FarmGirlFresh.com](mailto:info@FarmGirlFresh.com)

Base Fee for a 45-50 minute presentation is \$200 plus mileage (.58/mile) and the opportunity to offer our retail products to attendees.

If your event requires us to stay in a hotel, the hotel cost will be added to the base fee.



[FarmGirlFresh.com](http://FarmGirlFresh.com)

Healthy Eating from Garden to Table



## 2019 Small Group Cooking Class

At Farm Girl Fresh, we believe nutrition starts from the ground up. In our cooking class, we discuss how to grow healthy plants using the best growing practices and techniques. We also discuss preserving methods including the process of freezing, canning and dehydrating. The class includes hands-on participation preparing one of our tasty recipes. Helpful tips will be added throughout the class.

It's our passion to help others be successful in growing, preserving and preparing pure food for a lifetime investment for better health! Please email us to schedule your event. [info@FarmGirlFresh.com](mailto:info@FarmGirlFresh.com)

The cost of a 60-90 minute small group cooking class is \$30 per person (minimum of 12 participants) plus mileage (.58/mile) and the opportunity to offer our retail products to attendees.

If your event requires us to stay in a hotel, the hotel cost will be added to the base fee.



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