

*Bring a Friend for a Healthy Night Out -*

# FREE Friday Cooking Classes!

Iron Roots Urban Farm is pleased to present the Spring 2014 cooking class schedule. Each of our cooking instructors will share their story, recipes and nutritional tips to help you create a healthy, affordable delicious meal. The classes are designed to work with families, local growers, and community cooks to help foster a healthier and more sustainable community. All classes will be held on Fridays from 6:00-8:00PM in the HMHP Foundation Demonstration Kitchen located at 822 Billingsgate Avenue in Youngstown.



An RSVP is strongly recommended. Please contact Sophia Buggs at 330.480.0423 or [sbuggs@yndc.org](mailto:sbuggs@yndc.org) to pre-register. All classes are **FREE**, and there will be food to taste!

**April 4: Healthy Soul Food**—Soul Food Sensations, a new restaurant located on the South Side offering soul food cuisine, will sponsor this class. This class will instruct in how to make traditional soul food meals nutritious and delicious.

**April 18: Simply Sushi**—Liberty Merrill will teach students how fresh food can be healthy and fun by making nontraditional vegetarian sushi creations.

**May 2: Health Fats for Healthy Meals**—Danielle Seidita will share how to use healthy fats in easy to make appetizers and salads using local veggies.

**May 16: Flavorful Soups**—Muriel Thomas is an entrepreneur with many talents and a love for making healthy meals. She will instruct students on how to easily prepare cold and hot soups.

**May 30: Everything Granola**—Karen Schubert is an Americorps VISTA serving at YNDC. She will share her exciting and easy ways to make healthy granola.

**June 13: Soul Vegetarian**—Wayne Huggins has many talents and cooking is one of them. Mr. Huggins is going to share his secrets to preparing a healthy vegetarian meal.

**June 27: Delicious Summer Diner**—David Turner is Manager of External Affairs at FirstEnergy Corp. He will instruct students on how to make a delicious meal using local summer produce and meats.

**July 11: Delicious Healthy Desserts**—Carol Freeman is a community baker who enjoys making homemade desserts with local produce using healthy traditional techniques.



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