

October 24, 2012

News Release

For Immediate Release

Next “Farm 2 Table” Cooking Class Focuses on Winter Crops

The next in the "Farm 2 Table" series of cooking classes will be held from 10 to 11 a.m., Thursday, Nov. 1 in the WIC kitchen at Jordan Valley Community Health Center, 440 E. Tampa St. The topic for the upcoming class is "Cold Season Crops."

The classes focus on healthy recipes made from fresh, local ingredients. The series is a partnership between the Springfield-Greene County Health Department, which provides the cooking instruction, and the Springfield Urban Agriculture Coalition, which donates the fresh food. The series of one-hour classes is held on the first Thursday of each month, with alternating morning and evening times, at the WIC kitchen facility. No registration is required and children are welcome. The upcoming topic schedule is as follows:

- **Cold Season Crops** – 10 a.m., Nov. 1
- **Bread-Making 101** – 5:30 p.m., Dec. 6
- **Bread-Making 101** – 10 a.m., Jan. 3
- **Cheese, Please** – 5:30 p.m., Feb. 7

The Springfield Urban Agriculture Coalition promotes healthy lifestyles and environments through hands-on education about production and consumption of locally-produced, natural, healthy foods. The Springfield-Greene County Health Department is increasingly focused on wellness and prevention efforts as obesity and associated chronic diseases continue to rise.

For more information, contact: Katie Towns-Jeter, Wellness Program Administrator, (417) 874-1250. For more about the Springfield Urban Agriculture Coalition, visit: www.springfielduac.org