

All Events are open
to Adults
55 Years and Older!

Groundwork Hudson Valley™

Changing places, Changing lives

Environmental Food Team

SPRING 2011 SCHEDULE

Why Join the Environmental Food Team?

- ⊗ Free Weekly Lectures
- ⊗ Free Tours
- ⊗ Free T-Shirts
- ⊗ Opportunities For Getting Involved
- ⊗ Free Interesting Movies
- ⊗ Free Food Tastings
- ⊗ Friendship
- ⊗ Fun
- ⊗ Free Veggies

*Did we mention
it's all FREE?*

SCHEDULE: Tuesdays, 3:30 – 4:30 (At GW office unless otherwise noted)

- March 22 Tastings: **Fermented Foods** -Why We Find Some Rotting Foods So Delicious (GWHV)
- March 29 **Tour of an Arab Market** (Meet at **Ya Hala Market**, 326 South Broadway)
- April 5 **Andalusia: A Look At Spain's Culinary Treasure** (GWHV)
- April 12 **Tour of Wave Hill** - visit Riverdale's Garden Gem (see separate flier)
- April 19 **Genetically Modified Foods: Why All the Fuss?** (GWHV)
- April 26 **Film "The Garden"** (GWHV)
- May 3 **Tour of Stone Barns Center for Food and Agriculture** (see separate flier)
- May 7 (Saturday) **Volunteer Opportunity** – Eat Well Yonkers! (Aboard the Science Barge)
We will be handing out free vegetables and providing information on healthy eating. Free Tomato Plants!
- May 10 **The History of Magical Foods**
- May 17 **Film "Yosemite, Fate of Heaven"** – Award winning film on balancing preservation & enjoyment (GWHV)
- May 24 Tastings: **Edible Flowers** (GWHV)
- May 31 **Remember When II: Foods and Fashion** (GWHV)
- June 7 Tastings: **African Food Cooking Demonstration** (GWHV)
- June 11 (Saturday) **Volunteer Opportunity** – Eat Well Yonkers! (Aboard the Science Barge)
We will be running an activity for youth and speaking to parents about nutrition during our Water Sculpture Event.
- June 14 **Imperial Mongolian Cooking: Even An Invading Horde Swaps Recipes** (GWHV)

GWHV = Groundwork's Office, 22 Main Street

*Bringing Nutrition to Yonkers
One Vegetable at a Time*

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