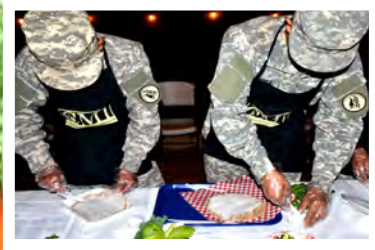


Chef in the Garden



Learn how to make delicious, easy and affordable meals. Join us in cooking healthy, easy meals with fruits and vegetables and herbs that are in season!



Wednesday, August 30, 6:00-7:00 pm
Wednesday, September 27, 6:00-7:00 pm

Diabetes Cooking Class

Wednesday, September 20, 6:00pm



Led by a registered dietitian, these cooking classes will focus on how to cook and incorporate healthy, diabetic-friendly recipes. Topics will include: nutrition, label reading, healthy substitutions, and serving options! Limited Space, RSVP today!

PERRIS GREEN CITY FARM



FREE Workshops!

Come learn about nutrition, diabetes management, composting, recycling, and evidence-based techniques for organic gardening at home!

For questions and RSVP call 951-943-6100

Eduardo Side ext. 301 or Zaire Cardona ext. 232

Clase de Cocina para Diabeticos

Mirecoles, 12 de Julio

6:00-7:00pm

Miercoles, 20 de septiembre

6:00-7:00pm

Facilitado por una dietista registrada, estas clases de cocina se enfocaran en como incorporar recetas saludables y para personas con diabetes. Los temas incluiran: nutricion, como leer las etiquetas de nutricion, sustituciones saludables, y proporciones de comida.

Free yoga classes in the community garden!

Perris Green City Farm

*Mats will be provided

101 North D St. Perris, CA

Contact Maria Marquez

(951) 943-6100

mmarquez@cityofperris.org



Master Garden Workshops

Come learn new gardening techniques you can use at home! Everything from seasonal planting, to organic gardening, and natural pest control!



Basic Organic Vegetable Gardening Series

Thursday, August 31st, 10:00-12:00 pm

Thursday, September 14th, 10:00-12:00 pm

Thursday, September 28th, 10:00-12:00pm

Thursday, October 14th. 10:00-12:00 pm

Tuesday March 28th, 4:30-6:30 pm