



## Salud con Sabor

Usted aprenderá como cocinar sus recetas favoritas saludablemente y obtendrá consejos de como vivir mas saludable. En Español.

miércoles, 26 de junio,

5:00- 6:00pm

miércoles, 28 de agosto,

5:00- 6:00pm

RSVP: Crystal Lopez

(951) 943-6100 ext. 234

## Chef in the Garden

Learn how to make delicious, easy and affordable meals. Join Chef Lee Burton as he will be teaching how to prepare healthy recipes utilizing produce that's in season.

Wednesday, May 29,

5:00- 6:00 pm

Wednesday, July 31,

5:00- 6:00 pm

Wednesday, September 25,

5:00pm -6:00pm

RSVP: Emmanuel Marquez

(951) 943-6100 Ext. 269

# Grow Peris



Perris Green City Farm invites you to attend **FREE** workshops and sessions that enhance

- Nutrition Education
- Composting
- Recycling
- Physical activity

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Questions & RSVPs: (951) 943-6100 ext.269 or [emarquez@cityofperris.org](mailto:emarquez@cityofperris.org)

## Vermicomposting Workshop

### Composting and Green Cleaning Workshop

The Vermicomposting workshop teaches residents about Vermicomposting, a composting method where worms convert food scraps into two of the best amendments on earth. Residents will learn how to care for the worms, make bedding, and harvest a worm bin.

Saturday January 26, 9am -12pm

Composting and Green Cleaning workshops teaches the benefits of using environmentally sound cleaning practices that use less toxic ingredients. Recipes will be given to make your very own cleaning products at home.

Saturday, March 30, 9am-12pm

## Yoga in the Garden

Yoga enhances core power and relaxation.

Mats will be provided! FREE

Beginning July 8, 2019, Yoga in the Garden will take place every Monday throughout the months of July, August, and September from 6pm-7pm at the Perris Green City Farm.



Spring Yoga  
May 6th & 20th  
from 6pm - 7pm

## Master Gardener & Maestro en el Jardín

English & Spanish  
Ingles & Español



English Master Gardener Series  
Come learn new methods that focus in garden management and maintenance. This series will focus in horticulture training, organic farming, planting seasons and pest management without toxic chemicals.

Wednesday, February 6, 5pm- 6:30pm

Wednesday, February 13, 5pm- 6:30pm

Wednesday, February 20, 5pm- 6:30pm

Wednesday, February 27, 5pm-6:30pm

Wednesday, March 6, 5pm-6:30pm

Serie de Maestro en el Jardín  
en Español

¡Venga a aprender nuevas formas de como mantener su jardín en casa! Todo lo que incluye plantación de temporada, a plantación orgánica, y control de pestes naturales.

¡No se lo puede perder!  
jueves, 14 de marzo, 5- 6:30pm

jueves, 21 de marzo, 5- 6:30pm

jueves, 28 de marzo, 5- 6:30pm

jueves, 4 de abril, 5- 6:30pm

jueves, 11 de abril, 5- 6:30pm