

First Thursday Workshop Schedule

March 5- Natural Remedies from your Pantry
Teri Salvadore

April 2- No Till Gardening
Jim and Wendy Childers

May 7- Canning & Preserving
Wendy Childers and Cherri Attle

June 4- "Where's the Beef?"
Plant-Based Cooking Meat substitutes
Cherri Attle

July 2- Natural Remedies from your Pantry part 2
Teri Salvadore

August 6- Natural Remedies
Teri Salvadore

September 3- Natural Strategies for Brain Health
Drs. DeRose

October 1- Plant-Based Cooking (Holiday Foods)
Karen Avant and Cherri Attle

November 5-Natural Remedies
Teri Salvadore

December 3-Plant-Based Cooking (Healthy Snacks and desserts)
Karen Avant and Cherri Attle