

Free class!



It's ZUCCHINI TIME!

Presented by: Cheryl O'Dell, MSN

One of the most versatile vegetables. Come learn about zucchini! Discover exciting ways to cook with zucchini, sneaking it into and replacing it with common everyday foods.



Tuesday, October 15 @ 4:00pm

Myrtlewood Room

No registration required!

Class brought to you through partnership between library and Natural Grocers' Nutritional Health Coach, Cheryl.



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