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Announcing Free Cooking Classes this Fall: Real Food For Real People, Like You

KEENE, NH (August 23, 2013) -- The Cheshire County Conservation District will host "Get Fresh", free hands-on cooking classes, at The Community Kitchen of Keene, Saturdays this fall. Stretch your dollar, the season, and ingredients using local produce. Take a guided tour of The Farmers' Market of Keene and the Monadnock Food Co-op to learn about the Double-Up Veggie Bucks and Healthy Food for All programs. Meet local producers, vendors, and food advocates. Employ savvy shopping strategies that allow you to navigate the local food system on a budget. Perfect techniques and flavor combinations that build kitchen confidence, invite improvisation, and encourage you to cook from the heart. Create fast, fresh, nutritious recipes that nourish your body, soul, family and community.

"Get Fresh" cooking classes will be facilitated by Michael Hightower, passionate home cook and environmental educator. The current class offering follows:

September 7 (10am-Noon / 3pm-5pm)
The Savvy Shopper: Keene Farmers' Market and Monadnock Food Co-op Tour (10am)
Real Food for Real People: Simple money-saving, meal-stretching strategies, as well as tried and true techniques (3pm)

September 21 (10am-Noon / 3pm-5pm)
Perfect Pairings: Roast chicken dinner and classic flavor combinations that build confidence and invite improvisation

October 5 (10am-Noon / 3pm-5pm)
In Hot Water: Create kitchen staples, including: homemade broths, soups, pastas, grains & beans

October 26 (10am-Noon / 3pm-5pm)
Bowls to Warm Hearts and Souls: Seasonal favorites to take the chill off, including: Spicy West African Peanut Soup, Chipotle-pumpkin-black bean chili & Southern cornbread

November 9 (10am-Noon / 3pm-5pm)
The Pie is the Limit: Stress-free steps to yummy piesand perfect crust just in time for the holidays

Classes are open to everyone, but space is limited. Priority seating goes to Community Garden Connections garden sites and The Community Kitchen customers. Morning and afternoon classes are offered to fit your schedule.

Register for one class, or all. To reserve your seat, contact Michael Hightower at (512) 431-9229, or mhightower@antioch.edu, at least one week prior to the class you plan on attending.

The Savvy Shopper class will meet at The Farmers' Market of Keene on Gilbo Avenue, while all other classes will meet at The Community Kitchen, 37 Mechanic Street in Keene.

This project is made possible through grant funds awarded to the Cheshire County Conservation District from the USDA's Farmers Market Promotion Program administered by the County of Cheshire.

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