



ASPARAGUS CULINARY CLASS

Sign up for this class and learn new ways to incorporate this springtime veggie into your meals! Stir fry, pizza and more – this nutrient-rich all-star adds SPEAR-it to any dish.

Class is at 5:30 pm on Tuesday, April 29th.

Cost is \$30 for members and \$40 for nonmembers.
Call 217-214-5858 to sign up. Class size is limited.

If you have a food allergy, please reach out to our dietitian prior to signing up for class.