



“Fresh from the Garden” workshops at Milagro Allegro Community Garden

We invite you and your family to take part in “Fresh from the Garden” free nutrition workshops and cooking demonstrations being held every fourth Saturday of the month at Milagro Allegro Community Garden in Highland Park.

This month we will discuss the health benefits of eating fresh tomatoes, how to properly harvest them, store them and how to healthfully prepare them. Take home a delicious healthy recipe to share with your family and friends!

What: “Fresh from the Garden”

When: Saturday, August 28, 2010

Time: 4:00pm-5:00pm

Where: Milagro Allegro Community Garden

115 S. Avenue 56, LA 90042

1 block SE of Figueroa, behind the Highland Theater www.hpgarden.org