

## This Month in Discovery Kitchen

October is Seed to Table month in the cafes where we'll be engaging students with fresh recipes, delicious demos, and fun and informative nutrition education. Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own vegetables and herbs.

In October, Chef Kevin and myself will organize Discovery Kitchen experiences in the classrooms with interactive ways students can taste and learn about fresh fruits and vegetables and how foods go from seed, to table.



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KITCHEN

