



Hearth-healthy Fall Vegetables

**Which and How? - Broccoli, cauliflower,
lettuce, kale, chard, carrots, beets and more...**

HSC Nutritionist Marie Ramey, RD, CDE talks about
making healthy eating delicious;
Dr. Calvin Finch talks about what we need to grow
these delicious vegetables

**Saturday, Sep 17, 2016
10:00 AM**

Join us for this FREE Program.

Children welcome.

Learn about varieties and when to plant

Learn how to protect from insects

Get recipe ideas

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www.GoDreamhill.com/programs



Location

Dreamhill Estates Education Center
6800 Dorothy Louise, San Antonio

(Near Medical Center - Corner of Dorothy
Louise Dr. and West Beverly Mae)
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Google Map Link

