

Chef at the Market

At the Homer Farmers' Market



Located on Ocean Drive, across from the Washboard

Learn how to make use of the fresh vegetables and herbs available at the market.

Stop by, grab a recipe, and enjoy some samples!



- **Wednesday, July 22, 3:30—5:30 pm**
Bette Seaman, Registered Dietitian/Nutritionist
from South Peninsula Hospital
"Quick to Fix Meals"
- **Saturday, August 15, 10:30 am—12:30 pm**
Bette Seaman, Registered Dietitian/Nutritionist
from South Peninsula Hospital
"Fun Ways to Make Market Vegies Last All Year"
- **Wednesday, September 2, 3:30—5:30 pm**
Bette Seaman, Registered Dietitian/Nutritionist
from South Peninsula Hospital
"Getting to the Root of Root Vegetables"
- **Saturday, September 12, 10:30 am—12:30 pm**
Lori Jenkins, garden chef will present
"Herb Spreads"

SNAP, WIC, and SENIOR FARMERS' MARKET COUPONS ACCEPTED