



COUNTY OF YOLO

Office of the County Administrator

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Eat the Rainbow Nutrition and Gardening Class March 16

(Woodland, CA) – In celebration of National Nutrition Month (March), the Yolo County Health & Human Services Agency will offer a class entitled “Eat the Rainbow”. The class will be held at the Hanna & Herbert Bauer Memorial Community Garden on Wednesday, March 16 from 5:00 to 6:30 p.m.

This class will highlight the vitamins and minerals that are found in a variety of fruits and vegetables grown locally and will teach participants how plants use food from the soil to create those nutrients. Participants will learn strategies for growing and eating a colorful mix of fruits and vegetables to support good health. This class includes taste tests of fresh produce grown in the garden.

The class is free to all but pre-registration is required by March 14. To register, contact Robin Rocksvold at (530) 666-8528 or robin.rocksvold@yolocounty.org.

In the event of steady rain, the class will be cancelled.

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