



Free Nutrition and Gardening Class in Woodland!

Eat the Rainbow:

The benefits of growing and eating a variety of fruits and vegetables



Wednesday, March 16 2016

5:00 – 6:30 PM

**Class taught by Yolo County Community Health Branch Garden and Nutrition
Education staff**

- ❖ Learn how plants transfer food from the soil into nutrients in the plants
- ❖ Understand what vitamins and minerals are found in produce commonly grown in our region
- ❖ Discuss strategies for growing and eating a colorful mix of produce to enhance your nutrition
 - ❖ Taste the flavors of fresh grown, seasonal produce

RSVP Required. To register, please contact Robin Rocksvold at 530-666-8528 or at robin.rocksvold@yolocounty.org by March 14. Events are free to all. This class will be held in the garden, which is on the west side of the Bauer building at 137 N. Cottonwood Ave, Woodland CA (the side farthest from the street). Steady rain cancels the class. For more information about the garden, please visit www.yolocounty.org/garden.

Plan ahead!

Please bring water, something to take notes with, and warm clothes suitable for outdoor use. The orchard may be muddy, so please wear appropriate shoes.

