

# Grow Cook Eat Workshop



## Windera State School Garden

**Who:** Parents, adults and families

**Where:** Windera State School

**When:** 2.30-4.30pm, followed by social tennis,  
Wednesday 3 August 2011

## **What: Free Gardening and Cooking Workshop**

- Learn new gardening techniques to **GROW** fruit and vegetables seasonally
- Learn to **COOK** Ratatouille, Quesadillas and Citrus Coleslaw using local, seasonal ingredients and **EAT** the delicious results



For more information on how to be involved contact:

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