



Our Farmers, Families and Fisherman's Mark (F3) Farm Stand distributes locally grown, often organic, produce **free of charge** to the community and couples this with cooking demonstrations and health challenges—making wellness fun!

Come share in this experience with us and let's create a healthier, more locally sourced table for you and yours to enjoy.

Access to quality food and wellness education makes a long term difference in the lives of our clients and the community! Learn more at www.fishermansmark.org



2016 SCHEDULE IS LOCATED CURBSIDE AT 37 SOUTH MAIN STREET

DATE	THEME	GUEST HOST
July 6 10am-2pm	TBD	Leslie Darling, <i>Mothering Spirit</i>
July 13 10am-2pm	Fruit and Veggilicious	Kim Seppelt, <i>NJ- SNAP- ED</i>
July 20 10am-2pm	Preserving the Flavor	Vicki Sarnoff, <i>Rolling Harvest Food Rescue</i>
July 27 10am-2pm	Hormone Balance with Foods Prevention Services Talking	Kathleen Downey, <i>Core Level Healing</i> Janet Acosta, <i>NJ-CEED</i>
August 3 10am-2pm	Calling all Omnivores	Ryan Jamison, <i>Chive</i>
August 10 10am-2pm	Drink to your Health Sweet and Healthy	Kim Seppelt, <i>NJ- SNAP- ED</i> Pastry Chef Amanda, <i>Caffé Galleria</i>
August 17 10am-2pm	Summer Soups	Vicki Sarnoff, <i>Rolling Harvest Food Rescue</i>
August 24 10am-2pm	No Gluten + No Dairy + No Sugar = Delicious! (Kid Approved)	Kathleen Downey, <i>Core Level Healing</i>
August 31 10am-2pm	Pickling the Tastes of Summer	Leslie Darling, <i>Mothering Spirit</i>
September 7 10am-2pm	Taco Mania	Shelley Wiseman, <i>The Farm Cooking School</i>
September 14 10am-2pm	Garden Delights	South Hunterdon Regional High School Student Collaboration