Looking for a fun fall recipe to have in your back pocket for a weekday dinner? Vowing to eat more “seasonally”, and purchase and prepare your produce when it’s in its prime? Puzzled about the difference between “all natural” and “organic”, and other labeling lingo?

We invite you to join us for the second class in our cooking and nutrition workshop series. This class will feature September produce in two fabulous fall recipes: **Wonderful Waldorf Salad** and **Stuffed Acorn Squash**.

Led by two Registered Dietitians, Serving-up September is an affordable cooking class featuring:
- Discussion on why it is important to eat local, what foods are in season on Long Island in September and where to find them.
- Education around organic produce and labeling to allow participants to make informed choices at the market.
- Hands-on cooking instruction for two healthy and tasty recipes featuring September’s seasonal produce.

Be prepared to:
- Get your hands dirty -- this is an interactive class and you will be doing most of the cooking yourself!
- Interact with instructors and classmates for a rich learning experience.
- Brag to your family and friends about what a great cook you are after the class.

**Important Information:**

- **Date:** Thursday, September 17th, registration deadline Thursday, September 10th
- **Time:** 5:30pm – 7:30pm
- **Place:** Demonstration Kitchen at Cornell Cooperative Extension of Suffolk County 423 Griffing Avenue, Suite 100, Riverhead, NY
- **Cost:** $35 per person or $30 per person for groups of 2 or more. (includes cost of class and ingredients). Payment required at time of registration

*PLEASE NOTE:* Seats are limited to 10, so please call to reserve your spot now!

**TO REGISTER:** Call 631-727-7850 x 340 or fill out the form on back and return.
REGISTRATION FORM - Serving up September Cooking Class

Registration Information
Name____________________________________________________________________________________
Organization_____________________________________________________________________________
Address_________________________________________________________________________________
City_______________________________________________State_____________Zip___________________
Phone______________________________________E-mail_________________________________________

Payment Information
☒ Make check payable to Cornell Cooperative Extension of Suffolk County and return to:
  Serving up September
  Attn: Jane Juran
  423 Griffing Avenue, Suite 100
  Riverhead, NY 11901-3071

☐ Credit card:
  ☐ VISA ☐ MasterCard
  Card number ___________________________________________
  Expiration date _______________________________________

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Directions to Cornell Cooperative Extension

From the West
Take LIE to Exit 72 — Route 58. Continue east to traffic circle and turn right on Roanoke Avenue. Proceed to traffic light and make right turn on Pulaski Street. Make left turn at next light on Griffing Avenue and continue two blocks. Cornell Cooperative Extension will be on right side of street.

From the East
Take Route 25 West (becomes Route 58 after County Road 105) to traffic circle. Go south on Roanoke Avenue and follow directions above.

From the South
Take Sunrise Highway (Route 27) to County Road 51 North. Take CR 51 to end and bear left at CR 94 West (also Route 24). Stay right on CR 94a North and cross river to light at West Main Street. Cross over to Court Street and continue to Griffing Avenue. Turn left and cross railroad tracks. Cornell Cooperative Extension is on left side of road.

Family Health and Wellness

Family Health and Wellness (FHW) is one of the oldest initiatives in the Cooperative Extension system. Originally called Home Economics and supporting rural homemakers with information and classes on home management and food preservation, it expanded into urban and suburban areas as family and consumer sciences with resources on human development, family finances and energy conservation. Today the FHW program continues to evolve and address critical issues facing Suffolk’s families: diabetes, childhood obesity and raising healthy children.

FHW educators strengthen families through parent education programs and improve community health through nutrition education, diabetes prevention and self-management, and creating healthier places to live, work and play. They conduct workshops and classes in libraries, schools, county health centers and other community locations throughout Suffolk County. They teach parents, grandparents, educators, child care staff, health care providers, youth workers and human service professionals who care for and work with children, youth and families.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.