

**The following FREE Community Workshops will take place during Farmers Market Days at Goulds Park:**

**\*\*6 p.m., Wednesday, November 30**

**“Eating Healthy - From Farm to Table”**

*--Sandra I Canales, Miami-Dade County Cooperative Extension*

**6:00 p.m., Wednesday, December 7**

**“Keep It Local, Seasonal, and Fresh” (live cooking demo)**

*--Chef Adri Garcia, of Greenrocks, LTD and Mise en Place Catering*

**6:00 p.m., Wednesday, December 14**

**“The History of African-American Farmers in South Dade”**

*--Alice Bennett, African American pioneer farming families of South Dade and contributor to book, “It’s a Poor Rat with Only One Hole”*

**\*\*6:00 p.m., Wednesday, December 21**

**“What’s on my Plate?”**

*--Cecilia De Armas, Miami-Dade County Cooperative Extension*

**\*\*6:00 p.m., Wednesday, December 28**

**“Add more Vegetables to Your Plate”**

*--Luz Vasquez, Miami-Dade County Cooperative Extension*

**\*\*These presentations will be conducted in English with visual aids and handouts for the audience in both English and Spanish.**