

Better Living Series April Workshops

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FOR IMMEDIATE RELEASE

Cumberland County Cooperative Extension's Better Living Series will feature two educational workshops in April.

Both workshops will be held at the Cumberland County Cooperative Extension Center, located at 301 East Mountain Drive, Fayetteville.

“Time to Grow Terrific Tomatoes” will be offered on Tuesday, April 14, from 12 noon to 1:30 p.m. During the workshop, information will be provided on growing and harvesting vine ripened tomatoes. Topics will include: variety selection, fertilizer use, and tomato plant diseases.

“Introduction to Raw Food Dishes” will be offered on Thursday, April 24, from 12 noon to 1:30 p.m. Participants will learn how to prepare quick, healthy, balanced meals using raw food techniques. Attendees will learn how to turn garden abundance into meals with little or no heat cooking.

Pre-registration is requested for both workshops. You may pre-register online by visiting http://go.ncsu.edu/bls_registration or by visiting the Cumberland County Cooperative Extension website at cumberland.ces.ncsu.edu. You may also pre-register by contacting Susan Johnson at 910-321-6405 or via email susan_johnson@ncsu.edu.

For accommodations for persons with disabilities, contact Lisa Childers at 910.321.6880, no later than five business days before the event.

