

What's Cooking in Autumn

with Chef & Master Gardener Cynthia Triolo
at The Frelinghuysen Arboretum

Chef and Master Gardener Cynthia Triolo has cooked and baked at many New Jersey restaurants and has been teaching children and adults the joys of food for just about two decades. A wide range of topics will be covered but the focus of Cynthia's Cooking Series will be on seasonal, locally-grown food. Recipes will be given as well as a tasting of each of the items made in class.

Time: 1pm - 3pm • **Cost per Class:** \$20 members / \$25 non-members



Sunday, October 16

Register by October 2

COOKING WITH QUINCES

Once considered a food of the gods, quince seems to have fallen out of favor as of late. All of our grandmothers knew how to prepare them and they were once readily available. Now they are not so easy to find but there are still a few growers left in New Jersey. Let's revive this fantastic fruit by learning how to cook them and increase the demand. They are so worth it! This cooking demonstration is sponsored by Whole Foods Market in Madison.

Register early. Space is limited.

