Morris County Park Commission

What's Cooking

with Chef & Master Gardener Cynthia Triolo
at The Frelinghuysen Arboretum

353 East Hanover Avenue, Morris Township, NJ 07962

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. Space is limited.

Time: 1:00pm - 3:00pm • **Cost per Class:** $20 members / $25 non-members

Chasing the Blues

Sunday, June 26

Blueberries are just coming into season in New Jersey and you won't want to miss the opportunity to learn some fantastic new recipes. Not only are they delicious but blueberries are good for you too! In this cooking demonstration, Chef Cynthia will treat you to four different recipes featuring this fascinating "super-fruit".

Recipes and samples provided.

The Friends of The Frelinghuysen Arboretum
www.arboretumfriends.org
353 East Hanover Avenue, Morristown, NJ 07962

Call 973.326.7603
to register

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www.morrisparks.net