

What's Cooking for Teens

with Chef & Master Gardener Cynthia Triolo
at The Frelinghuysen Arboretum



Beginning in January, The Friends and Whole Foods Market in Madison are sponsoring a Cooking Series for Teens with our resident Chef and Master Gardener Cynthia Triolo. Think you're the next Julia or Emeril? These hands-on classes will teach you some useful skills that will carry you into the future. Cynthia has been teaching cooking for more than 20 years to young adults and is the former owner of the Rose City Bakery Café in Madison. At the end of each class we will sit down together and enjoy the fruits of our labors. All recipes are provided and because these classes are hands on, they are limited to 12 and early registration is a must! Appropriate for teens in grades 7 and up. Please bring an apron and long hair must be tied back.

Time: 1pm - 4pm • **Cost per Class:** \$30 members / \$35 non-members

Sunday, January 29, *Register by January 22*



BASTA PASTA!

We will be making different types of homemade pasta like Fettuccini Alfredo, Linguine with Pesto, and Ravioli. Not only will we make the pasta but the sauces to go along with them and some garlic bread too! Buon Appetito!

Sunday, February 19, *Register by February 12*



MEXICAN FOOD MADE EASY

We'll make our own tortillas and turn them into tacos, enchiladas, quesadillas and burritos. Pico de gallo, salsa verde and guacamole are on the menu, too. !Buen Apetito!

Sunday, March 11, *Register by March 4*



BREAKFAST AND BRUNCH

Pancakes, waffles, French toast, muffins and granola bars—what's not to love? We'll make all this and more. Rise and shine!

