



# COOKING FROM THE GARDEN

## A Slow Food Denver After School Enrichment

### The program:

A weekly after-school program, Cooking from the Garden incorporates the school garden through planting, maintaining, harvesting and preparing food in seasonal cooking classes. The program lessons are adapted from the Slow Food USA School Garden Curriculum. Exact classes vary based on age, season, harvest and the school schedule.

**Classes at Maple Grove will be held on Tuesdays for Kindergarten through 3<sup>rd</sup> grade. Classes will run from 2:35-3:35pm  
September 10 – October 29**

### The goal:

Create an interactive and multi-faceted learning environment to transform students from passive food consumers to creators, and in so doing increase their health awareness.

Children will discover their own taste preferences, learn to create dishes they enjoy, derive self-esteem and pride as they learn how plants grow, how to prepare & eat them and share them with their community.

### The cost:

Cost is \$160 per child for the entire eight-week program. Please visit <http://www.slowfooddenver.org/cooking-from-the-garden-class-registration/> to register.

Contact [annie@slowfooddenver.org](mailto:annie@slowfooddenver.org) with any questions!