

<u>Date</u>	<u>Time</u>	<u>Extension Educator</u>	<u>Title</u>	<u>Extension Program</u>	<u>Short Description</u>
Tuesday, August 10	10:00 AM	Rozi Horvath	Sicilian Eggplant Pasta	Let's Cook Vegetarian	This traditional Sicilian pasta dish of sautéed eggplant and tomatoes can be a satisfying vegetarian dinner.
Tuesday, August 10	11:30 AM	Amber Denmon	Balsamic Grape Salad	Let's Cook Weight Management	This easy and refreshing salad is great for anytime of the year. To switch up the recipe, feature in-season fruit!
Tuesday, August 10	1:00 PM	Amber Denmon	Hummus Wrap	Let's Cook College Students	Often hummus is used as a dip, but it is also a wonderful option to feature on a wrap or sandwich!
Tuesday, August 10	2:30 PM	Katie Greenawalt	Strawberry Salsa	Totally Veggies	Change up your normal salsa routine with this delicious, colorful and easy summertime recipe.
Wednesday, August 11	10:00 AM	Nicole McGeehan	Blueberry Spice Jam	Home Food Preservation	A great way to preserve summer blueberries is making blueberry spice jam. This recipe has been research-tested and is safe for canning in a boiling water bath canner.
Wednesday, August 11	1:00 PM	Elaine Smith	Zucchini, Carrots, and Basil	Dining with Diabetes	This is a colorful and tasty way to use the abundance of zucchini from the garden and add more vegetables to your plate!
Wednesday, August 11	3:00 PM	Elaine Smith	Zucchini, Carrots, and Basil	Dining with Diabetes	This is a colorful and tasty way to use the abundance of zucchini from the garden and add more vegetables to your plate!
Wednesday, August 11	5:00 PM	Andy Hirneisen	Tomato/Tomato Paste Salsa	Home Food Preservation	Making salsa is a great way to preserve summer tomatoes and peppers. This recipe has been research-tested and is safe for canning in a boiling water bath canner.
Thursday, August 12	11:00 AM	Malinda Downing	Mixed Greens with Strawberries, Pears, and Walnuts Recipe	Health and Wellness Newsletter	This pretty and flavorful salad is a delicious way to feature fresh, seasonal strawberries.
Thursday, August 12	12:30 PM	Amber Denmon	Marinated Carrot	Totally Veggies	Orange vegetables are a great source of vitamin A, vitamin C, and carotenoids. Most Americans need 4 to 6 cups of orange and red vegetables each week.