



# LOCAL FOOD TO YOU

## *Cooking Demonstration & Workshops*

*Limited Space Available. Register Now!*

Watch a food demonstration, get a free sample, and take home a recipe!  
Meet a local farmer & learn about the people who grow the food you love!

Get a **FREE \$24** voucher to buy locally raised meat at the workshop!

Date	Location
Jan 24, 6-7pm	Carthage Free Library 412 Budd St, Carthage, NY 13619
Jan 31, 6-7pm	Carthage Free Library 412 Budd St, Carthage, NY 13619
Feb 7, 6-7pm	CCE Lewis 7395 E Rd, Lowville, NY 13367
Feb 21, 6-7pm	Croghan Free Library 9794 NY-812 #0008, Croghan, NY 13327
Feb 28, 6-7pm	CCE Lewis 7395 E Rd, Lowville, NY 13367
Mar 7, 6-7pm	Lyons Falls Free Library 3918 High St, Lyons Falls, NY 13368



To register go to <https://ccejefferson.org/events/2023/01/24/local-food-to-you>  
Questions? Contact Lindsey Promitas at 315-788-8450 ext 248 or [lrp78@cornell.edu](mailto:lrp78@cornell.edu)

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## *Cooking Demonstration & Workshop*

**January 24, 2022 6pm - 7pm**

**Carthage Free Library**

412 Budd Street, Carthage, NY 13619

*Limited Space Available. Register Now!*

Get a **FREE \$24** voucher to buy locally raised meat at the workshop!

Meet Stan and Sharon Horning from Country Cousins Farm!

Learn about their farm, the animals they care for, and the wonderful food they offer.

Learn how to make a delicious meal, get a free sample, and take home the recipe to try yourself!



To register go to [reg.cce.cornell.edu/LocalFoodToYouJan24](https://reg.cce.cornell.edu/LocalFoodToYouJan24) or scan the QR code

Contact Lindsey Promitas at 315-788-8450 ext 248 or [lrp78@cornell.edu](mailto:lrp78@cornell.edu)



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