

Saturday Samplers & the Kansas Grown! Farmers' Market

The Kansas Grown! Farmers' Market is open between 7 a.m. and 12 p.m. in the parking lot of the Sedgwick County Extension Office. Because of the market, you will have to park in the outlying parts of the parking lot and walk in to the Demonstration Garden. The market is busy, so we encourage you to arrive early and give yourself plenty of time to get to the garden.

You can also come early and shop! The market features a full complement of produce, meats, baked goods, honey, jams & jellies, and other items.



Sedgwick County Extension

Questions on this program?
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**Sedgwick County Extension
Demonstration Garden**

Gardening & Cooking Demos

Saturday Samplers



Saturday Samplers

April 6, June 8, July 13,
August 17, and September 21

9-10 a.m. in the Outdoor Classroom at the Sedgwick County Extension Demonstration Garden.*

- ◆ Recipes & cooking tips
- ◆ Healthy eating & nutrition
- ◆ Timely gardening tips
- ◆ Tour of the Demonstration Garden

* Rain or shine, hot or cold! If it is raining heavily, we may just be available to take questions rather than doing the whole program.

All sessions are free, no registration required.

Topics may be subject to change due to what's happening in the garden.

Visit thedemogarden.org or denisesdelightfuldishes.com for updated information on the topic each month.

Herb Day—May 4th, 7 a.m.-1 p.m.

Tomato Day—July 27th, 7 a.m.-12 p.m.



Sample Our Gardening & Cooking Programs Each Month!

April 6 ● Grow Your Own Salad

Learn about different lettuces and other salad greens that you can grow to create your own unique salads. We will also be featuring healthy toppings and vinaigrettes to dress your salads.

Herb Day ● May 4

We will be featuring the Herb of the Year, Elderberry and our Regional Herb of the Year, Thyme at our 18th Annual Herb Day. Come learn how to grow and cook these herbs. Taste and see how herbs can fit into your garden and kitchen.

June 8 ● Garlic & Shallots

See our demonstration plantings of 12 different garlic varieties and 5 different shallots. We will share what has been successful, as well as try some succulent dishes using these aromatic vegetables.

Beyond Basic Basil ● July 13

There will be several varieties of basil growing in the garden this year. Come see how they are growing and get new ideas for cooking with different types of basil! From pesto, to pasta, to the unusual, we will have recipes to share!

July 27 ● Tomato Day

Our 23rd Annual Tomato Day will feature gardening and cooking seminars, tomato and salsa contests, vendors, and a youth activity. Come join us for everything Tomato!

Eggplant ● August 17

Eggplant is a productive summer vegetable, but are there healthier ways to prepare it other than breading and frying? Come explore all the varieties of eggplant and tasty recipes to try.

September 21 ● Fall Root Vegetables

We have a robust fall garden planned this year, which will include a variety of root vegetables—some more common (carrots) and other less so (parsnips, fall radishes). We'll discuss the ins and outs of growing and new ideas for cooking these vegetables.

