

# COOKING SCHOOL 2019

**\*Meds Instead of Meds: Mediterranean Cooking\***

## Topic: Basics of Mediterranean Cooking

February 12<sup>th</sup> 10am-1pm or 5pm to 8pm

### Description

In this first class of the 2019 series, we'll prepare a meal together while exploring what it means to eat the Mediterranean way, the science behind the health benefits, and how to cook the Med-way at home. You'll take home a few culinary "tricks of the trade", new recipes, and a sneak preview of future classes. It promises to be easy, delicious, and FUN!



### Location

193 Callahan Koon Road  
Spindale, NC 28160

Website: <https://rutherford.ces.ncsu.edu>  
Facebook: Rutherford County FCS

*Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Tracy Davis, Extension Agent, Family and Consumer Sciences at 828.287.6010 or [tracy\\_davis@ncsu.edu](mailto:tracy_davis@ncsu.edu) or Fax 828-288-4036 or in person at Rutherford County Cooperative Extension at least 10 days prior to the event.*

### Registration

**Call 828.287.6010 to register.**

**Cost \$8 for each class offered.**

**Scholarships available upon request.**