

LIFESTYLES

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Finding money anywhere is a good thing

LET'S GET COOKING

The Community Gardens group is but a sprout in terms of age but is already branching out with some nutrition outreach projects.

On Tuesday, Nov. 17 they offered a class to the public at Mt. Pilgrim Baptist Church on cooking mustard greens, turnip greens and kale, all grown from the community garden.

Annette Anderson and Mary Ann Walborg led the class on alternative methods of preparing these items using roasted garlic and olive oil rather than the standard method of cooking them with the fat of salt pork.

"We hope to not only show how to cook items straight from your garden but also healthier ways of preparing these foods," explained Mary Ann. "We want to use healthy fats and the least amount of salt possible but still make it delicious."

As for their next class topic, the ladies aren't sure yet.

"We just have to wait and see what's going to produce the most," responded Annette. "We definitely want to have a canning class at some point."



The Community Gardens group started their free cooking and nutrition series last week. From left to right, instructors Annette Anderson and Mary Ann Walborg pose with a handful of participants including (from left to right on the right side of the table) Margaret Ellis, Erin Pickering, Kelsey Brinker and Serena Segel.