

## CULINARY TENT SCHEDULE

*All activities take place in the Cornell Cooperative Extension Culinary Tent*

### SATURDAY, MAY 28th

10:00	<b>Healthy Breakfast Smoothies</b> Learn new recipes and tips to start your day right from Nutrition Educator Candace Riegel	Lafayette Park
11:30-12:30	<b>Add Color to Your Meals</b> Learn why and how to add colorful veggies and whole grains to your meals from SNAP-Ed nutrition educator, Becky McCormack.	Lafayette Park
12:30- 1:30	<b>Farm to School Recipes and Samples</b> CCE is working with NYS Dept of Ag & Markets to bring more local produce into school cafeterias. Try some Farm to School recipes, check out our apple slicer and learn more about this exciting program. Also learn about Dairy education from NYS Ag in the Classroom, including cheese and ice cream making!	Lafayette Park
1:30 - 3:00	<b>Food Preservation Demonstrations</b> Learn to safely can, freeze, and dehydrate local foods in their peak of flavor and freshness with our Master Food Preservers, demonstrating and providing samples and information to safely preserve food at home.	Lafayette Park
3:00 - 4:00	<b>Wegmans Summer Menu</b> Chef Rick from the Wegmans Geneva Store will Offer samples and tips from the Wegman's Summer Menu Magazine	Lafayette Park
4:00 - 5:00	<b>Growing Culinary Herbs at Home.</b> Hands-on activity to grow some herbs to cook with at home, plus recipes and samples.	Lafayette Park

### SUNDAY, MAY 29th

9:00 - 12:00	<b>Learn how to Rethink Your Drink</b> with SNAP Ed NY Nutritionist, Kelly! Sample some healthy ways to stay hydrated and learn about the Fruit & Veggie Rx program.	Lafayette Park
12:00 - 4:00	<b>5th Annual 4-H Junior Iron Chef Competition!</b> Open to teams of Middle and/or High School Students. Watch youth repurpose vendor food from the festival into something different and compete to go on to the NYS State Fair. Celebrity judges!	Lafayette Park