

2023
CULINARY TENT SCHEDULE

All activities take place in the Cornell Cooperative Extension Culinary Tent

SATURDAY, MAY 27th

10:00	Blender Bike your way to Healthy Breakfast Smoothies. Take a spin on our blender bike provided by the Creating Healthy Schools and Communities (CHSC) grant. Sample a fruit smoothie made with local products, learn new recipes from SNAP-ed, and tips to start your day right from CCE Nutrition Educators. Also learn more about the Fruit & Veggie Rx program.	Lafayette Park
11:30-1:00	Dairy! Milk, ice cream, butter, cheese, yogurt...yum! Come taste some dairy samples, learn more about how dairy products are produced, recipes, and nutritional benefits. You may even get to practice milking a cow.	Lafayette Park
1:00- 2:00	Not the School Lunch You Remember: Farm to School Recipes and Samples CCE is working with NYS Dept of Ag & Markets and our local school districts 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.	Lafayette Park
2:00 - 3:30	Charcuterie and Food Preservation Demonstrations. So, what is a charcuterie tray? Learn the art of charcuterie, how to display it, and some home food preservation items to include. Master Food preservers will be demonstrating recipes, providing samples, and information to safely preserve local foods in peak flavor and freshness at home.	Lafayette Park
3:30 - 5:00	Grow it. Grill it! Easy veggies for the grill you can grow at home. Samples will be provided.	Lafayette Park

SUNDAY, MAY 28^h

9:00 - 12:00	Learn how to Rethink Your Drink with 4-H! Sample some healthy ways to stay hydrated as the weather warms up.	Lafayette Park
12:00 - 4:00	6th Annual 4-H Junior Iron Chef Competition! 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