

CULINARY TENT SCHEDULE

All activities take place in the Cornell Cooperative Extension Culinary Tent

SATURDAY, MAY 25th

- 10:00 **Blender Bike your way to Healthy Breakfast Smoothies.** Take a spin on Lafayette Park our blender bike provided by the Creating Healthy Schools and Communities (CHSC) grant. Sample a healthy smoothie made with local products, learn new recipes from SNAP-ed, and tips to start your day right from CCE Nutrition Educators.
- 11:30-1:00
Lafayette Park **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. We will be making homemade whipped cream and taste sampling it with locally grown strawberries.
- 1:00- 2:00
Lafayette Park **Farm to School Recipes and Samples** It's not the cafeteria food you remember! CCE is working with NYS Dept of Ag & Markets and our local school districts to bring more local products and produce into school cafeterias. Try some Farm to School recipes, check out our apple slicer and learn more about this exciting program.
- 2:00 - 3:30
Lafayette Park **Master Food Preservation Demonstrations.**
Master Food preservers will be demonstrating how to safely preserve foods in peak flavor and freshness at home, including making pickles. Recipes and food samples will be provided. Want to become a Master Food Preserver yourself? Come talk with us.
- 3:30 - 5:00
Lafayette Park **Growing and Cooking with Fresh Herbs.**
Learn how to grow fresh herbs at home and how to incorporate them into your food. Recipes, samples, and seed starting materials will be provided.

SUNDAY, MAY 26^h

- 9:00 - 12:00
Lafayette Park **Learn how to Rethink Your Drink** with 4-H!
Sample some healthy ways to stay hydrated as the weather warms up.
- 12:00 - 4:00
Lafayette Park **7th 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!