

Fresh-from-the-farm, for summer



Michele Mukatis, far right, talking with Susan Gordon at Venetucci Farm in their beautiful outdoor kitchen, will conduct a series of “field to table” cooking classes this summer at 9:30 a.m. at Ranch Foods Direct. Dates are June 19, July 17, August 14, September 11 and October 2. It’s \$35 per class or \$150 for the series. Call (719) 231-6265.

KNOW YOUR FOOD, WATCH IT GROW:

Greenhorn Acres will again make weekly Wednesday CSA deliveries to



Ranch Foods Direct during the season. New this year, Marcy Namath and the boys will open the farm one Saturday a month to visitors. The first is set for May 29. They will show off the greenhouse, egg mobile, the resident livestock and great river valley views near Fowler. (www.greenhornacres.com; 719-263-4494)



From the Field to *Your* Table

Cooking practical, tasty food that’s healthy for you and your family on a budget

This series explores easy ways to use fresh produce and inexpensive cuts of meat to provide delicious food that’s good for your family all summer long. Join us for instruction, handouts, recipes and a tasting of the food prepared, as well as advice on cooking healthy food without a recipe, based on what’s in season.

\$35 per class or \$150 for the series

2-hour commitment one Saturday per month: June 19, July 17, Aug. 14, Sept. 11, Oct. 2

Choose from Ranch Foods Direct’s Teaching Kitchen, 9:30-11:30am, or Venetucci Farm’s Outdoor Kitchen, 1pm-3pm

A check made out to Cultivate Health LLC and sent to 1306 E. Yampa Street, Colorado Springs, 80909 by one week before each class, reserves your space.

Instructor Michele Mukatis is a Certified Health and Garden Counselor who works with individuals and groups teaching them to listen to their own bodies to find their unique needs, grow and cook their own food, and learn to love gardening, cooking and food.

Contact Michele for more information: (719) 231-6265, cultivatehealth@gmail.com.

CSA Subscription Enrollment Form

Name _____ Phone _____

Address _____ Email _____

Veggie Share \$485

Dropoff Preference: Fowler Fri./Sat.

Pueblo West

Half Share \$375

(Fri/Sat., time/location to be announced)

Fruit Share \$485

Colorado Springs

Half Fruit Share \$295

@ Ranch Foods Direct; 2901 N. El Paso
Weds after 2 p.m. through Saturday

Payment included (payable to Greenhorn Acres OR Marcy Nameth)

MAIL to 5856 County Road HH.5, Fowler, CO 81039; OR Email: info@greenhornacres.com call 719-263-4494