



Monroe County Fair and Recreation Association, Inc.

March 7, 2009

Monroe County Fair & Recreation Association
2695 East Henrietta Road
Henrietta, New York 14467

FOR IMMEDIATE RELEASE

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FAIR PLANS VEGETABLE GROWING AND COOKING WORKSHOP

ROCHESTER, NY--The Monroe County Fair Association and 4-H will host a workshop called, "From the Garden to the Table – Tasty Vegetables", on Saturday, March 21 from 10am to Noon at Cornell Cooperative Extension, 249 Highland Avenue. Master Gardeners, Geoff and Anne Johnston, will give pointers on how to grow early summer vegetables, and Rosita Caridi-Miller, owner/chef of Cibi deliziosi, will show participants how to prepare these vegetables for tasty and healthy meals. The workshop is free and open to both adults and children. Pre-registration is encouraged by calling the Fair & Expo Center office at 334-4000, but walk-ins are welcome.

Also covered during this workshop will be instructions on how to enter and prepare vegetable and foods for showing at the Monroe County Fair. The Fair Board hopes to encourage potential exhibitors to plant gardens this spring and to show their bounty at the upcoming Monroe County Fair, July 15-19, 2009.

For more information about this workshop, call the Fair & Expo Center office at 334-4000 and for fair information, check www.mcfair.com.

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