



TRACEY MILLER

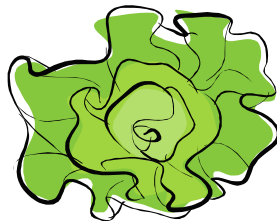
HEALTH, NUTRITION & WELLNESS

How to Pick and Prepare Spring Greens! Kale, Chard, Watercress, Arugula, and more!

An Earth-friendly Cooking and Wellness Classes

Location: 8 Wendell Drive, Brentwood, NH

May 19, 2010 * 7:00 – 9:00 pm



- Not sure what to do with deep leafy green vegetables such as arugula, chard, and kale? Come and learn some easy and tasteful ways to select and prepare deep rich greens both raw and cooked.
- Be adventurous and try greens that you've never tried before. Make greens a bigger part of your diet!
- You'll try kale salad, arugula pesto, green quiches, some simple homemade dressings to top off your greens and more! Learn why greens are essential for great health!

Tracey Miller is a certified health & wellness counselor from Institute for Integrative Nutrition. She helps individuals and families eat healthier through personal coaching, nutrition education and cooking classes.

Fee: \$40. Includes dinner, recipes, nutrition tips

RSVP to tosbornemiller@yahoo.com, 603-380-1080