

Up & Coming

at the Town of Farmington

FARMERS' MARKET

- August 4** 6-7:00 p.m. Joyce Cielecki, Biodiversity Educator, La Crosse County
"Native Plants That Attract Pollinators"
- August 11** 5:30-7:00 p.m. ZAMMEK
Live Music by Local Band
- August 18** 6-7:00 p.m. Karie Johnson, UW Extension Nutrition Program
"Stir It Up"
- September 15** 6-7:00 p.m. Tiffany Lein, RD, Health Educator, La Crosse County
"Food Preservation Basics: Storing & Freezing"
- September 22** 6-7:00 p.m. Abbie LOOS, RD, Nutrition Educator, La Crosse County
"Meal Planning & Shopping on a Budget"
- October** – *date to be announced* La Crosse County
"What's in Your Water?"

All program participants will be eligible for cookbooks provided through a random drawing at each program.

Market hours are Thursdays 5:00 – 7:30 p.m. weekly through October 27, 2016
Rain or Shine