



# *Eat What You Grow: Spring*

*Thursday, April 30, 2026*  
*6 to 8pm*

**Rutgers Cooperative Extension of Cape May County**  
**355 Court House - South Dennis Road, CMCH, NJ 08210**



**Presenters: Anneliese Kuemmerle, MS, RDN, FCHS Program Associate II**  
**Jen Sawyer Caraballo, ANR Program Associate II**

## *Topics will include...*

- ♦ Herb garden tour
- ♦ Starting your garden
- ♦ Make your own homemade salad dressing
- ♦ Food preservation: freezing

**Cost is \$20. Register by April 27 at:**

**<https://go.rutgers.edu/mei6jmh9>**



**Questions, please call Brooke at 609-465-5115 Ext. 3609**

**County Employees who attend this class will earn 10 Wellness Incentive Points!**

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.