



# *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!**