



**RUTGERS UNIVERSITY**  
**Family and Community  
Health Sciences**  
New Jersey Agricultural Experiment Station



# *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...*

1. Herb garden tour
2. Starting your garden
3. Make your own homemade salad dressing
4. 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!**