



Herbs – From Plant to Plate

Whether for culinary or medicinal purposes, herbs are versatile plants. Learn how to grow herbs and how to utilize them with different foods in this workshop!

Workshop Topics:

- Growing herbs indoors
- Easiest herbs to grow
- Herb storage
- Health benefits of cooking with herbs
- Samples of healthy choices to try!

Speakers

Krista Harding is the horticulture agent for the Southwind Extension District. With her green thumb expertise, she will show you how to grow herbs both indoors and in the garden.

Clara Wicoff is a Nutrition, Food and Health agent for the Southwind Extension District. Clara will share her knowledge utilizing the natural seasoning of herbs to make meals healthier.

Questions? Call 620-244-3826

Wednesday, April 5th at 6:00 pm
4-H Community Building
713 S. Fry St. in Yates Center

Thursday, April 6th at 12:00 noon
Buck Run Community Center
735 Scott Ave. in Fort Scott

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Southwind District

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. Reasonable accommodations for persons with disabilities may be requested by contacting Krista Harding at 620-365-2242 or kharding@ksu.edu. Notify staff of accommodation needs as early as possible.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service.

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