

# What's on your plate?

From good dirt comes good food

**Vegan Cooking Workshop with Easy to Follow Recipes!**

**Saturday April 21 at 2pm**

**Saturday May 19th at 2pm**

**Saturday June 16th at 2pm**

**Mitchell Library 37 Harrison Street New Haven**



These programs will be presented by Westville resident, Clara Tolbert, who recently acquired certification on "Whole Food Plant-Based Nutrition" from the T Colin Campbell's Center For Nutrition Studies at Cornell. Clara will share what she has learned on preventing and reversing various diseases by using plant-based nutrition based 50 plus years of research and studies.

Clara grew up on a small family owned dairy farm in Alabama. This influenced her love for nature, community and good food grown from the good earth. She has taught classes for City Seed, is a community gardener, and volunteer in Edgewood Park and the Pardee greenhouse.

\*Please call to register: 203-946-8117