

You are invited to a **LUNCH and LEARN**

**“Butter Bean Burgers”
Food Demonstration**

You may have heard of a soyburger...but have you ever tried a butter bean burger?

This month's lunch and learn session will feature fresh garden salad and butter bean burgers.

The menu is tasty and a great way to reduce sodium and fats in our diets.

Lunch and Learn Classes will take place at the Perquimans Extension Center, 601 South Edenton Road Street - in Hertford,

Tuesday, June 27 from noon until 1 p.m.

and a repeat class will be

Wednesday, June 28 from 1 p.m. until 2 p.m.

Cost \$10.00 (meal included)

Make check payable to Perquimans Farm Services

Space is limited.

Make payment by June 23 to reserve a seat at your preferred time.

Call 426-7697 if you have questions.

Presented by NC State – Perquimans Extension Center
Jewel Winslow, County Extension Director
Sue Mitchell – Master Food Volunteer



PERQUIMANS COUNTY CENTER