

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

“Sweet Potatoes vs. Yams”
Food Demonstration

Contrary to what people may think...yams and sweet potatoes are not synonymous. No matter how much brown sugar and butter we put on them – they are not the same.

Come to an educational hands-on food workshop that highlights the delicious and nutritious features of North Carolina’s State Vegetable: The Sweet Potato.

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

Wednesday, November 8 from noon until 1 p.m.

And

Wednesday, November 8 from 6 p.m. – 7 p.m.

Cost \$10.00 (includes the samples and supplies)
Perquimans Get Fit Participants are admitted free.

Make check payable to Perquimans Farm Services
Space is limited.

Make payment by November 6 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

