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### **DEEP CUT GARDENS OFFERS SUMMER COOKING CLASSES**

MIDDLETOWN — Discover ways to cook “green” when Monmouth County Park System offers a series of classes for adults that focuses on regionalizing our food system, preparing healthy food and minimizing waste. All classes are conducted by Kitty Dennery, a trained chef and home gardener, in a demonstration format that includes recipes, tastings and suggestions of places to shop. Held from 1-4pm at Deep Cut Gardens, Red Hill Road, Middletown, each class costs \$35 per person. Pre-registration is required. The schedule is as follows:

***Eat NJ!*** on Saturday, June 18

Learn how to use locally grown seasonal products for new ways of presenting old favorites! Make pesto from wild foraged greens such as cress, dandelion and turnip tops. Discover how locally grown fruits such as sumac, blueberries and cranberries can serve as alternatives to lemons.

***Tisanes & Cocktails: A Modern Herbal*** on Saturday, July 9

Join us for an herbal tea tasting, presentation and garden walk. Discover easy to grow common (and not-so-common) garden herbs including rosemary, lemon thyme, stevia, anise hyssop and more. These tasty herbs are not only beautiful but provide a vital habitat for insect and birds. Participants will take home an herb seedling.

***A Season of Pies*** on Saturday, July 16

Re-learn our local heritage and culture through the tasty goodness of pie! This

class blends traditional favorites with new ideas. Topics include wild cherry, beach plum, blueberry, pumpkin, apple, mulberry and black walnut. Also learn how to make a perfect crust without a recipe.

***Romantic Rot: An Apple Tale*** on Saturday, July 23

Discover different apple varieties available from apple farms and growers in the state and how they affect the flavor of freshly pressed cider. See how juice becomes cider, and eventually, vinegar. Learn about the best temperatures for yeasts and the fermentation process.

For more information or to register for one or more classes, please visit [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com) or call (732) 842-4000. For persons with hearing impairment, the TTY/TDD number is 711. The Monmouth County Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks, and Recreation agency.

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