LET’S MAKE PICKLES!
A recipe workshop for adults with Therapy Gardens

BLACKSTONE PUBLIC LIBRARY
86 Main Street Blackstone, MA, 01504
508-883-1931

The wonderful folks at Therapy Garden are back again with another installment of our ongoing “What’s for Dinner?” series!

“Did you know that fermented pickles are loaded with vitamins and minerals? They also help with digestion and can relieve muscle cramps. Come make your own old-fashioned fermented pickles using water, salt, and spices. A variety of additional pickling techniques will also be presented, including vinegar pickles, bread-and-butter pickles, as well as lower-sodium options. Participants will make their own pickles at the session.” -therapygardens.com

This class is limited to 20 participants.
Call 508-883-1931 to register!

Registration for Blackstone residents begins on Monday, February 26.
Registration for all others begins on Monday, March 4.

This event is sponsored by UNIBANK
Contact the Blackstone Public Library at 508-883-1931 for more information.
www.blackstonepubliclibrary.org