

**TUESDAY
MARCH 26
6:30 PM**

LET'S MAKE PICKLES!

A recipe workshop for adults with



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