

Communication Services

5334 S. Prince St
Littleton, CO 80120-1136

Phone: 303-795-5467

Fax: 303-734-5470

www.co.arapahoe.co.us

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Contact:

DALE EDWARDS

Extension Director

Colorado State University

303-730-1920

E-mail: dedwards@co.arapahoe.co.us

or

HALEY MCKEAN

Communication Services Specialist

Arapahoe County

303-636-1945

E-mail: hmckean@co.arapahoe.co.us

Extension hosts 'Backyard to Table' workshop on March 5

Learn to grow, harvest and prepare bountiful foods from your own backyard

Aurora, Colo. — The Colorado State University Extension offices of Arapahoe and Douglas Counties, in partnership with Highlands Ranch Cultural Affairs Association, will host a one-day workshop for residents on how to grow and harvest backyard bounty and turn their efforts into a delicious and healthy meal. The workshop also will include fun classes for kids relating to gardening and plants, cooking and shooting sports.

The 'Backyard to Table' workshop will take place 8:30 a.m. to 3 p.m. at the Southridge Recreation Center, 4800 McArthur Ranch Road, Highlands Ranch. Presenters will include staff from Arapahoe and Douglas County Extension Offices and from Colorado State University Extension in Fort Collins. Each attendee will attend three classes—one at 9 a.m., 10:45 a.m. and 1:30 p.m.

Adult attendees can select from the following class topics:

- vegetable gardening;
- integrated pest management;
- raising poultry;
- composting;
- backyard fruit trees;
- wildlife management;
- cooking from the garden; and
- preserving fruits and vegetables.

Youth attendees ages 5 to 13 will enjoy fun, hands-on learning lessons by age group, such as:

- shooting sports;
- cooking from the garden;
- butterflies and bees;
- food from the farm;
- gardening;
- raising poultry; or
- the science of seeds and plants.

The workshop fee is \$11 per person, and includes class materials. Lunch will be on your own. The deadline to register is Feb. 28. To register to attend, please call the Arapahoe County Extension at 303-730-1920 or visit www.arapahoeextension.org for a registration form and class descriptions.