



# LET'S GET HEALTHY WITH HERBS



## Learn How to Grow and Use Them

On **Thursday, April 27 at 6:30 p.m.** at the Butler County 4-H/Community Building, 200 N. Griffith, El Dorado, KS, Kay Neff, owner of Neff Family Farms, will share her vast knowledge of all things herbal. Kay will not only be giving tips on what herbs grow here and how to grow them, she will also be sharing recipes and have a good selection of herbs for sale for those in attendance.



Herbs can spice up your meals AND offer health benefits. Barb Roths, Butler County Extension Family Consumer Sciences, and her team of volunteers, will offer tips to add flavor to foods and easy ways to use both fresh and dried herbs. Come enjoy the food demonstrations and tasty food samples!

We are asking that you pre-register for this event. The cost to attend is \$5.00 per person and registration deadline is Monday, April 24. To register, come by or call the Butler County Extension office at 316-321-9660.

Join us for information on buying, growing, preserving, using and cooking with herbs!



KSRE - Butler County Extension - 316.321.9660 - [www.butler.ksu.edu](http://www.butler.ksu.edu)

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