

**The Little Urban Homestead**  
Quarter 1: Exploring with Fresh Farm Bounty

**Classes & Descriptions:**

**#1 One of the most treasured veggies in the garden is the tomato.** Store bought tomatoes just don't compare! Nothing beats a tomato than a tomato with basil! In our first class, we will sample different types of home grown tomatoes as well as different basil. Then we will make the treasured summer snack, bruschetta, and end the class with how to save tomato seeds for a bounty next year!

**#2 Crazy, crunching cucumbers.** Not only are these jam packed veggies loaded in Vitamin K, they are one of the best veggies for hydrating the body! In this week's class, we will taste a variety of cucumbers as well as learn how to preserve the harvest by making quick pickles, and saving cucumber seeds.

**#3 Peppers are perfectly perfect in every way!** Whether you like them mild or spicy hot, peppers can add that special element to a delicious summer meal. In this week's class, we will talk about the different types of peppers and make the delicious, regression cool soup called gazpacho and saving our seeds for a perfect, summer harvest of peppers for next year!!

**#4 Bonkers for Beans:** Beans are used in so many ways for a yummy addition of protein throughout all four seasons. We will explore and taste different types of beans as well as try different cooking techniques to savor and enjoy this nutrient packed veggie all year long!

**#5 Zippie doo dah.** It is time for the deliciously, zealous zucchini! No other veggie has more uses in the kitchen than the zucchini. It can be a dessert, bread, soup, side dish, or even a main course, but if you ask me the best way of preserving this versatile veggie is by shredding and baking it into gf chocolate chip zucchini muffins!

**#6 Corn is one of the most popular crops grown in our country.** Nothing beats eating a fresh ear of corn on a summer day! In this class, we will make two savory corn dishes. The first will be fresh cream corn, a loved southern summer treat. Next we will make a tasty corn chili which can be frozen and enjoyed all year long!

**#7 As the leaves begin to change colors, one of the last veggies to be harvested from the summer garden is the pumpkin!** Not only can you make scrumptious muffins, breads, and pies from cooked pumpkin, you can also roast the seeds, and even use the pumpkin for all your festive fall decorating! In this super fun class, we will roast pumpkin seeds as well as pumpkin to make pumpkin purée which can be frozen and used later for baking fall treats.