


# Exploring Whole Grains from Around the World: Farro

911 Parsons Ave  
Friday, April 19th  
12pm-1pm

Recipe:

Ginger-Pear  
Farro Salad



Whole grains are an important part of an overall healthy eating pattern. Join Jenny Lobb, Registered Dietitian and OSU Extension Educator, to learn how to incorporate more whole grains into your diet. In each class we will learn about and try a different whole grain through a cooking demonstration and tasting.



**Registration is required! Contact Jetti at (614) 445-7342 ext. 110 or at [jmarroni@4allpeople.net](mailto:jmarroni@4allpeople.net).**