

WHOLE FOODS MARKET, FRESH POND presents

FARM TO TABLE

AT WALTHAM FIELDS COMMUNITY FARMS

THURSDAY SEPTEMBER 19
5:30 PM—7:30PM

240 Beaver St, Waltham, MA 02452



Join us at beautiful Waltham Fields Community Farm with Shannon, Whole Foods Market Healthy Eating Specialist, for a unique cooking class where you will learn new and exciting recipes using seasonal, farm fresh vegetables. You'll walk away with a full belly, Whole Foods Market swag and inspiration straight from the farm to your kitchen!

\$10 class fee payable at farm, includes food and free swag bag

Space is limited--Reserve by emailing claire.davies@wholefoods.com



WHOLE FOODS MARKET, FRESH POND

200 Alewife Brook Parkway, Cambridge, MA 02138

617-491-0040 • www.wholefoodsmarket.com/stores/freshpond



@WFM_FreshPond



Whole Foods Market Fresh Pond