



TASTE OF AFRICAN HERITAGE



June 1, Aug. 3, Sept. 7, Oct. 5, 12:00- 1:00 PM

Killeen Arts and Activities Center, 802 N. 2nd Street, Community Development Training Rm



Lessons cover:

- Herbs and spices; Greens; Whole grains; Beans & rice; Tubers & Mashies; and Fruit & Vegetables
- Tasty samples with each lesson



A Taste of African Heritage combines cultural history, nutrition, and cooking lessons to improve health and well-being while reconnecting the audience with the healthy ways of eating and living practiced by African ancestors. It is open to ALL interested in garden-to-table eating that heals and inspires, no matter what ancestry you share.

This series is part of the Oldways African Heritage and Health Program.



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