



Bean Bonanza Cooking Demonstration

Event Date:

Thu, Jan 17, 2013

Adrienne Cook, Gardening Specialist and Danielle Cook Navidi, Nutritionist

The hardiness of shell beans makes all the difference in a winter soup or stew. High in protein, these legumes can even take the place of meat. The Cook Sisters will show you how.

Date: Thursday, January 17

Time: 12 p.m. to 1:30 p.m.

Location: Conservatory Garden Court

FREE: No pre-registration required



Source URL: <http://www.usbg.gov/events/2012/12/13/bean-bonanza-cooking-demonstration>