Lunchtime On-Line Learning

Participate from your office, home or web-enabled device

It’s easy! Just click on the registration link below and follow the simple instructions. You will receive information to access the webinar to learn new ideas, techniques and recipes for quick, healthy meals!

All Webinars are 12:10 to 12:50 PM Eastern Time

Florida Seafood: Simply Delicious
Wednesday, August 8
Include seafood more often as part of an all-around healthy diet. Learn how to safely prepare a variety of Florida seafood.
Registration: http://bit.ly/HmHUjE

Florida Fall Flavors
Thursday, September 13
Learn what Florida fruits, vegetables and herbs are in season this fall and how to use them.

Food Preservation Basics
Thursday, October 11
Learn the basics of preserving foods. Find out what kind of equipment you will need, estimated costs and how to safely can, freeze and dehydrate food.

This webinar is brought to you by University of Florida/IFAS Extension in partnership with Brevard, Lake, Leon, Orange, and Seminole County Extension offices.

For More Information, contact:
Julie England, UF/IFAS Lake County Extension
(352) 343-4101 x 2721 or julieeng@ufl.edu

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A. & M. University Cooperative Extension Program, and Boards of County Commissioners Cooperating.