



## MARCH NEWSLETTER

Dear KPCK Enthusiasts,

Welcome to the first installment of the KPCK Monthly Newsletter! We plan to advertise events and activities that promote good health, nutrition and community in the Galesburg area. Watch for more info regarding the KPCK's new cooking classes and collaboration with Growing Together.

During the whole month of April, Knox College will be celebrating Earth Month with a series of free events

### Cooking Classes

The KPCK is offering cooking lessons for affordable, healthy meals. The first class will be offered in April. Only **25 spots** are available, so be sure to RSVP tonight with either Danika Hill or Natalie Donahue!

### Upcoming KPCK Dinners

March 21<sup>st</sup>

April 11<sup>th</sup>

April 25<sup>th</sup>

cumulating in an Earth Day Festival on Saturday, April 27<sup>th</sup>. All events are free and open to the public. Please ask for more info if you are interested!

*If you know of any events to advertise, contact Danika Hill ([dhill@knox.edu](mailto:dhill@knox.edu)) or Natalie Donahue ([nadonahue@knox.edu](mailto:nadonahue@knox.edu)).*

### In Season Produce for March:

- Broccoli
- Cabbage
- Lettuce

What is in-season produce? These fruits and vegetables are currently being grown in Illinois. They will be the freshest, healthiest, and often less expensive than other foods grown outside their natural season.