



CULINARY

Newsletter

MARCH / APRIL 2016

FROM THE DESK OF AMANDA PICARDI AND CHEF ROBIN

We are very excited to start our bi-monthly calendar up again. Chef Robin has some very interesting demonstrations planned and some fun days of silliness.

Share with Chef Robin your suggestions and foods you'd love to see on the menu. If you have a favorite recipe he'd love to see it!

National Nutrition Month

March is a time to celebrate and be aware of nutrition. Come join us at the Woodside Café all through the month of March and enjoy some wonderful, flavorful, tasteful and nutritional foods!

Come check out what it means to be a "Flexitarian."

Some of our specials to look forward to:

Leafy Greens in Smoothies!!

Mushrooms Mushrooms Mushrooms!

A Look Ahead to March and April

March

1st: Peanut Butter Lovers Day

7th: National Crown Roast Day

10th: Popcorn Lovers Day

14th: National Potato Chip Day

17th: St. Patrick's Day

19th: Community Buffet at Woodside

24th: National Chocolate Covered Raisin Day

27th: Easter Buffet at Woodside

April

2nd: National Peanut Butter and Jelly Day

7th: National Beer Day

14th: National Pecan Day

19th: National Garlic Day

23rd: Community Buffet at Woodside

27th: National Prime Rib Day

Cooking Series

March 18th

Ceviche: Find out what it is!!

April 27th

Learn about herb and spices.

Join us for both demonstrations, held at the Woodside Theater from 2 – 3pm.

Fun Food Facts

The banana is not a true fruit at all. The banana plant is a giant herb and the banana is actually its berry. A banana plant produces only one bunch or "hand" in its life, but that bunch may have between 100-400 bananas. A banana plant grows when one of its shoots is planted.