

FOR IMMEDIATE RELEASE

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Chesterfield Historical Society of Virginia offers Heirloom Seed Exchange Seminars on How to Get Kids to Eat More Veggies

Chesterfield, VA, February 3, 2012 – The Chesterfield Historical Society of Virginia (CHSV) will offer two seminars as part of its Heirloom Seed Exchange program entitled, “How to Get Your Kids to Eat More Veggies.” These seminars are scheduled for Tuesday, February 21 at 1:00 p.m. and Saturday, February 25 at 10:00 a.m.

Lasting one and a half hours, each seminar will provide strategies and recipes to encourage youngsters to eat a more healthful and balanced diet. Ideas include artistic presentation of vegetables in a child-friendly manner; also, disguising vegetables in popular foods such as pizza, meatballs, and sauces, to name but a few. In addition, techniques to masquerade vegetables as fruits and in desserts will be demonstrated. Recipes will be provided.

Both seminars will take place at historic Castlewood, 10201 Iron Bridge Rd., Chesterfield. Prepaid reservations are required; fee \$20.00 per participant, adults only. Please register on-line at www.chesterfieldhistory.com using Paypal.

The Chesterfield Historical Society of Virginia is a private, non-profit 501(c)3 organization that serves as the center for Chesterfield County history. Its mission is to collect, preserve, promote and interpret the county’s unique past for the education and enjoyment of present and future generations. For more information or to volunteer, please visit www.chesterfieldhistory.com

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