

PRESS RELEASE

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Cook Paella in the Catskills Kitchen with OrganicWorld.US

LIBERTY, NY—The public can learn to make paella, a Spanish rice dish, in the Catskills Kitchen Wednesday, May 30, 2018. Cornell Cooperative Extension Sullivan County (CCESC) has partnered with Sandra M. Weiss, founder of OrganicWorld.US to offer a Holistic Nutrition & Cooking workshop from 5:00 to 8:00 pm in the CCESC Catskills Kitchen. The Catskills Kitchen is located at the Extension Education Center on 64 Ferndale-Loomis Road in Liberty.

Sandra M. Weiss will demonstrate how to cook sustainable, nutritious recipes with healing ingredients. Participants will learn hands-on techniques to turn their favorite foods and activities into healing remedies for individual needs. All attendees will receive a complimentary recipe e-book AND 10% off OrganicWorld.US services!

Cost is \$15 per person or \$10 per CCESC enrollee. Anyone can enroll in CCESC for an annual contribution of \$25 and receive a monthly subscription to the Extension Connection magazine.

Program fees support the cost of instructors, refreshments, materials, and facilities. Additional donations for CCESC programs are appreciated.

Space is limited. Registration with non-refundable payment is required in advance by visiting www.sullivancece.org, emailing sullivan@cornell.edu, or calling CCESC at 845-292-6180. In the event of special needs, the public should contact the CCESC office.

OrganicWorld.US brings holistic nutritional healing and sustainable living strategies from the Mediterranean to the United States. Learn more at www.organicworld.us.

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