



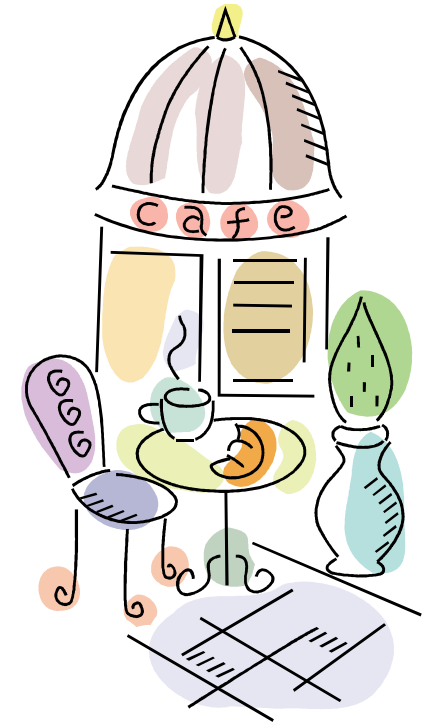
*Café Cathedral Supper Club*  
is a collaborative effort between:



*Cathedral Kitchen*



## *Café Cathedral Supper Club*



Located at: **Cathedral Kitchen**  
**1514 Federal St.**  
**Camden, NJ 08105**

Phone: 856-964-6771

Fax: 856-964-6772

Email: [rita308@cathedralkitchen.org](mailto:rita308@cathedralkitchen.org)

# Come to *Café Cathedral Supper Club* and cook up a real good time!

Have you gotten bored with the meals you eat or serve your family lately? Do you see all of the fresh produce available at local Farmers' Markets but pass them by because you lack ideas about preparing them? If you're in search of creative ideas to brighten your meals in healthy and delicious ways, join us at *Café Cathedral Supper Club*.

Increasing the amounts of produce that you eat is recommended as part of a good health foundation. Almost daily we hear of the health benefits of eating fruits and vegetables; whether to reduce blood pressure, high cholesterol, or prevent future problems.

During the four weekly sessions of *Café Cathedral Supper Club*, you'll learn about the wide variety of vegetables and fruits available locally, as well as their health benefits. You will also be part of a



cooking team, as you prepare new recipes each week to take home to enjoy with your family and friends.

Farmers

markets are wonderful sources of fresh, local produce; there are dozens of them throughout New Jersey.

Each Wednesday evening in September, you will have the opportunity to learn about the huge variety of fresh, local produce available as well as to prepare a complete, simple and healthy meal that is as pleasing to the eye as to your taste buds! Join talented local chefs:

- **Chef Linda Christianson- Cathedral Kitchen**
- **Chef Mary Corboy/Greensgrow staff chef- Greensgrow Farms**
- **Chef Jonathan Jernigan- Cathedral Kitchen**
- **Chef Audhild Cotton- Wegmans Cherry Hill**

Each of the four Wednesday evenings you will have the opportunity to make appetizers, entrees, side dishes and desserts from the freshest of local ingredients, based on each chef's extensive recipe repertoire of mouthwatering delights!

Following your culinary adventure in CK's commercial kitchen, you will have the pleasure of joining your teammates in dining on the fruits of your labors! It's an experience not to be missed.

Seating is limited- only twelve seats will be sold for each class, on a first come, first served basis.

Cost per person, per class: \$35.00

**All proceeds will go to the Cathedral Kitchen Culinary Arts Training Program Scholarship Fund** to assist program graduates in financial need who meet designated criteria and enroll in culinary arts associate's and bachelor's degree programs.

## *Café Cathedral Supper Club*

**Wednesdays: Sept. 07, 14, 21, 28, 2011**

**6-8pm at Cathedral Kitchen**

**Please print. Register ONE person per form. Payment must accompany form.**

**Checks payable to: Cathedral Kitchen**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Day Phone** \_\_\_\_\_

**Cell Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

**Date(s) 1) \_\_\_\_\_ 2) \_\_\_\_\_**

**3) \_\_\_\_\_ 4) \_\_\_\_\_**

**Send completed form with payment to:**

**Cathedral Kitchen  
1514 Federal St.  
Camden, NJ 08105**