### September
- 7: Cucumber Watermelon Salad
- 14: Heirloom Tomato Salad
- 21: Lettuce Cups with Corn, Hard Boiled Eggs and Vermont Feta
- 28: Grateful Burger Demo

### October
- 5: Ratatouille
- 12: Pickled Cucumbers
- 19: Local Farm Sliced Apple Crumb Cake
- 26: Maple Pumpkin Lattes

### November
- 2: Sweet Potato and Brussel Sprout Hash
- 9: Duxelle Pasta
- 16: Holiday Pies
- 30: Equal Exchange Coffee-Roasted Beets and Carrots

### December
- 7: Bagel Bar featuring Gravlax