



From Planted to Plated



Join us for a special event in our local community.

Children and parents are invited to visit Rutiz Farms for a personalized tour provided by owner Jerry Rutiz. See where the fruits and vegetables are grown right here in our backyard. Pediatric dietitian, Jessica Gust, will provide a live food demonstration using local produce from Jerry's farm. Parents and kids will learn together how to make a healthful and delicious snack. Parents will have plenty of opportunity to get the answers to all their nutrition and healthful eating relating questions. Each family will leave with a special harvest box so they can go home and practice what they learned in their own kitchens. Harvest boxes are courtesy of Rutiz Farms.



Jessica Gust, MS, RDN is a Pediatric Dietitian serving clients in San Luis Obispo County & Virtually. She specializes in helping parents gain confidence in how and what they feed their little eaters.

You can follow along with Jessica on Instagram @ElementNutrition.Kids and Facebook @ElementNutritionKids as well as her blog: www.ElementNutritionCo.com/blog

Jerry Rutiz has been growing quality, pesticide-free, organically fertilized vegetables, berries, culinary herbs and cut flowers since 1981. He cares greatly about fostering the relationship between the farm, the community and the family table. For more information about Rutiz Farms visit their website at: <http://www.rutizfarms.com/>



Saturday, Oct. 26, 2019
11:00am – 12:15pm
Rutiz Farms
1075 The Pike
Arroyo Grande



Space is limited for this awesome event! Please register at <https://www.eventbrite.com/e/from-planted-to-plated-tickets-65220095060> For event related questions contact Sara Zepeda at stzepeda@co.slo.ca.us 805-474-2105.

