

EVENT CALENDAR

Topeka
(785) 228-9100

5836 SW 21st Street
Topeka, KS66604

MAY

18

Sat
12:00pm
to
1:00pm

Quick Class: Cruciferous Cuisine

by Wyatt Segrist Sponsored By: Natural Grocers

What do broccoli, kale, cabbage, and cauliflower have in common? They all belong to the family of nutritious, delicious cruciferous vegetables. Learn the best cooking methods to help maintain their nutrient density and unique flavor profiles. Cheers to an organic *Cruciferous Cuisine!*

JUN

15

Sat
12:00pm
to
1:00pm

Quick Class: Smoothie Bowls

by Wyatt Segrist Sponsored By: Natural Grocers

Smoothie bowls are what they sound like, but much more fun than you would think. You can create pretty much any combo of flavors that you want and top it with your favorite goodies. Come experience the easiest and healthiest way to turn a smoothie into a meal!

JUL

13

Sat
12:00pm
to
1:00pm

Quick Class: Garlic Greatness

by Wyatt Segrist Sponsored By: Natural Grocers

It's a staple in just about every type of cuisine, and it is a staple of good health. The special sulfur-containing compounds in garlic make it a valuable and potent part of any healthy diet or supplement regime. Whether you're looking for a cardiovascular superhero, a supplement to support immune function, memory, or even a little everyday detoxification, never fear, garlic is here!





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FREE REWARDS PROGRAM TODAY!***



NUTRIENT TO KNOW ABOUT: QUERCETIN

THE RESPIRATORY ROCKSTAR**

By supporting immune competence, quercetin promotes respiratory comfort and health during a change in seasons and year-round.**

naturalgrocers.com/quercetin

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