## From the Kitchen Garden



A Special Series of Seasonal Historic Cooking Demonstrations July 15, August 19, September 9 By the Volunteer Historic Cooks of Fort York National Historic Site



Visit with Fort York's Volunteer Historic Cooks in the Officer's Mess Kitchen as they prepare late 18<sup>th</sup> and early 19<sup>th</sup> recipes using the seasonal fruits as well as produce freshly harvested from the Fort's own kitchen garden.



In addition to fresh garden produce, featured seasonal fruit include:

July 15 ~ strawberries and raspberries

August  $19^{th}$  ~ peaches and apricots

September  $9^{th}$  ~ apples, pears and plums

Included with general admission

