

# Nourish & Flourish

*Healthy meals full of flavor and fun!*

with Dawn Ferguson of Rising Sun Artisan Foods

📅 **Wednesday, May 7, 2025**

🕒 **5:45-8:15PM EST**

📍 **314 W. 9th Street, Ferdinand, IN**

Join Dawn Ferguson of Rising Sun Artisan Foods for an interactive cooking class that will boost your confidence in the kitchen! Dawn, a food industry expert and cancer survivor, transformed her diet and now shares her passion for simple, healthy, and delicious meals.

In this hands-on class, you'll learn essential skills like using an Instant Pot and air fryer, making soup from scratch, chopping fresh veggies, and enhancing flavors with homemade seasonings and dressings. You'll also get tips on grocery shopping, meal prep, and sourcing quality ingredients.

The menu features Broccoli Cheddar Soup, a fresh garden salad with homemade dressings, and crispy air fryer chicken strips. This class makes a perfect Mother's Day gift, or a fun experience to share with Mom! Rising Sun products will be available for purchase after class.

**Class fee:** \$60 (includes meal)

**Advance registration required.** To reserve your spot, visit our website at [traditionalartstoday.org](http://traditionalartstoday.org), call us at (812) 998-2487, or visit us in Ferdinand.

*Activities are made possible in part by the Arts Council of Southwestern Indiana, the Indiana Arts Commission, a state agency, and the National Endowment for the Arts, a federal agency.*

*We value inclusion and access for all participants. We are pleased to provide reasonable accommodations. Please contact Alexianna at [alexi@traditionalartstoday.org](mailto:alexi@traditionalartstoday.org) to make a reasonable accommodation request. Requests must be submitted 2 weeks in advance of class.*



*We are a 501c3 nonprofit dedicated to preserving the traditional arts.*