



HOO

and

COOK

FRESH! YOUR OWN LOCAL MEAT • LEXINGTON KENTUCKY

If you want the ultimate in free-range, antibiotic/additive-free meat then sometimes you just have to do it yourself. This workshop will teach you fishing basics to help you live more sustainably. Eat wild. Eat natural.

May 28, 5-7:30 pm

at Jacobson Park Lake in Lexington, Kentucky

Fish for trout, sunfish & channel catfish in the lake. Bring your own gear or borrow ours!

Pre-Registration & Details at

<https://www.research.net/r/HookandCook>
or contact **Easton.Copley@ky.gov**
or 502-564-7109 ext. 4587

TOPICS COVERED

- Setting up a rod and reel
- Casting and retrieving
- Knot tying
- Fileting fish
- Live baits and artificial lures
- Preserving and cooking fish

Fresh-cooked fish & hush puppy/coleslaw dinner will be included for participants. Cost is \$10 and a Kentucky Annual Fishing License (any kind) is required for participation. Licenses are available at **FW.KY.GOV**. Includes follow-up Culinary/Social Dinner with local Chef & Culinary Arts Instructor Mac McBride.

