

The Washington Post

Going Out Guide

Baby Food for the Soul



Art and Soul

415 New Jersey Ave. NW

Washington, DC 202-393-7777

» [Web site](#)

Information:

202-393-7777

Price:

\$35

Editorial Review

Making baby food from scratch isn't hard to do, but, man, it sure is intimidating. As a new father, Art and Soul's executive chef Ryan Morgan knows this all too well. In this hour-long class, Morgan teaches about the advantages of making your own baby food and offers tips on how to do it. Come home with some recipes for the infant with a discriminating palate.

Admission is \$35. Reservations are required and can be made through Art and Soul's Web site.

-- Julia Beizer