

# Eating 'Local' In Winter?

## *It's Easy!*

- ✓ Meet producers and cooks!
- ✓ Discover ways to enrich your winter diet and pocketbook!
- ✓ Get weekly menus and meal ideas that are Healthy, Tasty, and proven Time Savers!

**January 23, 7 – 9 pm, Schubert Centre**

(3505 30<sup>th</sup> Ave, Vernon)

**Everyone welcome! Bring a carload!**

**Participants:** Curlew Orchard, Fieldstone Organics, Fresh Valley Farms, Monashee Community Co-op, Pilgrim Produce, Roots & Greens and Terroir Cheese.

Sponsor: Sustainable Environment Network Society [www.sensociety.org](http://www.sensociety.org)

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