



Sonya Kaute and David Cohlmeier,
owner Cookstown Greens Farm
admiring local crops.

Professional Foodie

Sonya Kaute,

President Eco Chefs™ Ready Meals,
presents...

The Art of Eating **Local** Picking, Storing & Cooking **Farm Fresh Food**

Monday, October 19
7-9pm

Eat Free Food from the Eco Chefs™ menu

Attend this **FREE** seminar on how to identify the freshest in-season produce from our community's own backyard. Included are storage tips to maximize shelf life and quick-and-easy recipe ideas that will have your family cheering the cook and scrambling for seconds!

Call to register at 905-639-3611 ext 133.
Seating is limited.

Location: Centennial Hall, 1st floor, Central
Library, 2331 New Street, Burlington

Hosted by:



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Library



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