

Get Fresh, Eat Local 2011 Workshop Schedule

The best way to eat local is to eat with the seasons. Learn how by participating in these free workshops. Space is limited. Register by calling 625-8343.

Eat Local All Year Long

It is such a rewarding feeling to cook vegetables straight from your own root cellar or to open up a sparkling jar of preserves in the depths of winter. Learn the basics of food storage and how to estimate what you'll need for your family's size.

Tuesday, June 28 at 6:30 pm
Waverley Resource Library

Meal Planning with the Seasons

Local food items are available any time of the year. Learn how to shape your menus according to what is in season, whether you're buying it fresh or storing it for the winter.

Tuesday, July 5 at 6:30 pm
Waverley Resource Library

Great Grilling

Get fired up with delicious recipes for the charcoal grill. Grilling adds flavour and is a fun, fast way to cook your local meats and veggies.

Tuesday, July 12 at 6:30 pm
Mary J.L. Black Library

Local Food for the Little Folks

From baby's first foods to the toddler years, turn your kids on to fresh local food.

Tuesday, July 19 at 6:30 pm
Mary J.L. Black Library

All About Sprouts

Add freshness to any dish. Learn how to grow fresh sprouts, and how to use them in appetizers, salads, sandwiches, and even desserts.

Tuesday, July 26 at 6:30 pm
Mary J.L. Black Library

Wild About Herbal Teas

Nothing beats a comforting cup of tea. Learn how to blend delicious teas with wild edible plants and herbs you can easily grow in your backyard garden.

Tuesday, August 2 at 6:30 pm
Waverley Resource Library

Food Drying 101

Preserve the intense flavours of your garden by drying your harvest. Learn about different techniques for drying food.

Tuesday, August 9 at 6:30 pm
Mary J.L. Black Library

Canning 101

Sterilizing? Pickling salts? Pectin? Not sure what this all means? Find out from an award-winning jam, jelly and pickling expert!

Tuesday, August 16 at 6:30 pm
Norwest Community Health Centre

Baking with Local Flour

Bake up a storm from pancakes to scones. Learn about a variety of local flours and how to use them.

Tuesday, August 23 at 6:30 pm
Mary J.L. Black Library

The Art of Slow Cooking

Throw in your harvest veggies and stir up a hearty meal with these basic mix and match recipes for crockpots and Dutch ovens.

Tuesday, August 30 at 6:30 pm
Waverley Resource Library