



A Taste of Woolwich

At the Elmira Farmers' Market

Saturday, June 17, 2017 • 9 a.m. to 1 p.m.

Located behind the Woolwich Township office at 24 Church St. W, Elmira, ON

Come to the **NEW Taste of Woolwich** at the **Elmira Farmers' Market!**

- Meet your community food producers
- Buy and taste local food (cash sales only)
- Pick up your 2017 Buy Local! Buy Fresh! Map
- Discover new recipes
- Free wagon ride from the Elmira train station

Featuring:

The Cooking Ladies



Preparing meats for smoking and grilling vegetables using a Traeger Wood Pellet Grill.

Demos at 9:30 a.m. and 12:30 p.m.

Green Smoothie Magic

Discover how to make healthy smoothies!

Demos at 10:30 a.m. and 11:30 a.m.

Amy Sonnenberg, RHN, RECE, Designed For You Nutrition

Fun for children and all ages!

Plant your own mini garden, and learn about beekeeping and raising hens.



Photograph by Neil De Boer



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES



WOOLWICH
HEALTHY
COMMUNITIES



No Charge
Make it a
family event!

www.healthywoolwich.org Contact: Joy 519-664-3534 ext. 230 or Steph 519-575-4400 ext. 5180