

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



Photograph by Neil De Boer

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.

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



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES



WOOLWICH
HEALTHY
COMMUNITIES



www.healthywoolwich.org



A Taste of Woolwich

At the Elmira Farmers' Market

No Charge
Make it a
family event!

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

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

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