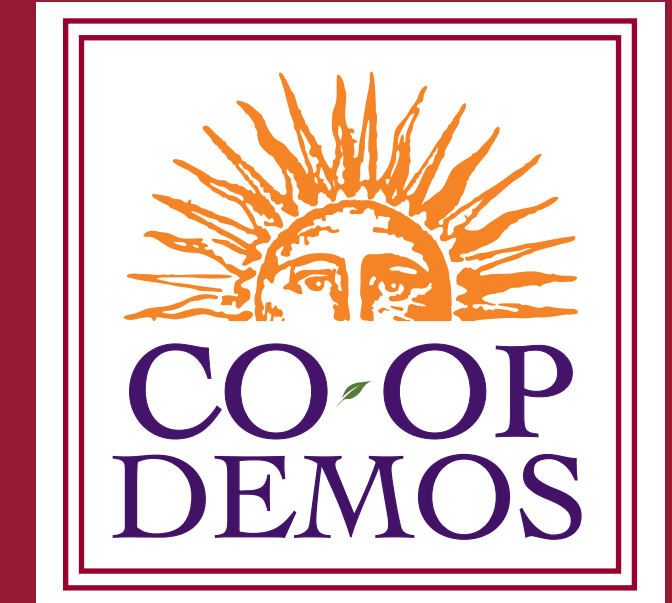
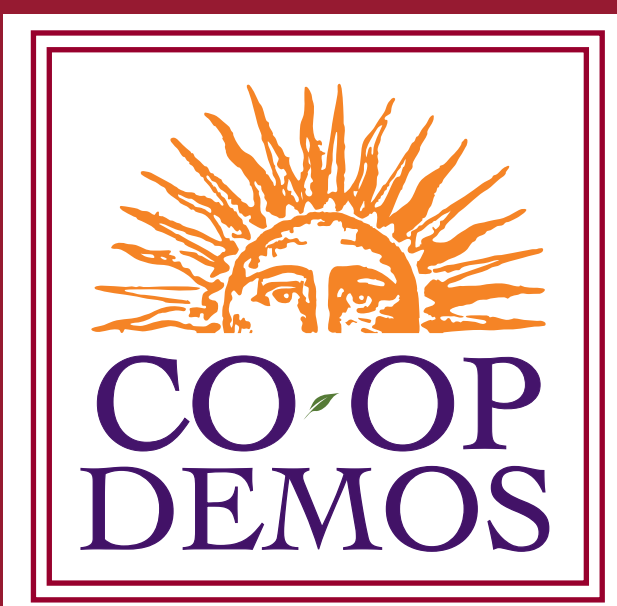




Middlebury Natural Foods Co-op Demonstration Calendar MARCH 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Stoneleaf Tea 10-12	2	3 The Body Lounge Arnica 11-2	4 Knife Sharpening 10-1 Shacksbury 3-6
5	6	7 Host Defense 11-2	8	9 Good Mix 10-4	10	11 Tretap Beverages 11-2
12	13	14 Carrot Soup with Ian 12-2 Garrett Valley Corned Beef 3-6	15 Good Mix 10-4	16	17 Aslan Brewing 3-6	18
19	20	21 Glenn's Famous Sushi 11-2	22	23 Good Mix 10-4	24 McKenzie's Bacon 2-6	25
26	27	28 Vermont Coffee Co 12-2	29	30 Good Mix 10-4	31 MNFC Salad Dressings with Emily 12-2	



**Come meet your local farmers & producers!
Share samples, recipes, & information!**

