



Middlebury Natural Foods Co-op Demonstration Calendar OCTOBER 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Blackwell Roots 11-2	3	4	5 La Riojana 3-6	6 Host Defense 11-2 Kiss Tart Pastry 3-6	7 Organic Valley 11-2
8	9	10 Good Mix 10-4	11	12 Windstone Farm Pesto 3-6	13 Fire Cider with Julie Mitchell 3-6	14
15	16 Coconut Quinoa Pudding with Ian 12-2	17	18	19	20 Lotus Forbidden Rice Salad with Sean 12-2	21 Elmore Mountain Therapeutics 11-2 Tretap 3-6
22	23 Mexican Rice with Mari 12-2	24 Good Mix 10-4	25 Equal Exchange 3-6	26 Happy Valley Cider 11-2	27	28
29	30 Roasted Pumpkin Cider Soup with Ian 12-2	31				



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

