

# Middlebury Natural Foods Co-op Demonstration Calendar

# 2019 FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<sup>1</sup> Luce Farm 11-2 Shelburne Farms 3-5:30	<sup>2</sup> Knife Sharpening 10-1 Vermont Cheeseless Cheesecake 11-2 Wiley's 3-6
<sup>3</sup>	<sup>4</sup>	<sup>5</sup> Animal Fats with Andrea Chesman 11-2 Chili with Ian 4-6	<sup>6</sup> Good Mix 10-4	<sup>7</sup> Douglas Sweets 11-2 Farmhouse Chocolates 3-6	<sup>8</sup> McKenzie Meats 11-1 Road Trip Foods 11-2 Vermont Craft Mead 3-6	<sup>9</sup> Joe's Soups 11-2 Breathing In Wellness 11-2
<sup>10</sup>	<sup>11</sup> Chocolate Bundt Cake with Strawberries with Ian 12-2	<sup>12</sup> Nutty Life Cashew Milk 11-2 ScuttleShip Farm 3-6	<sup>13</sup>	<sup>14</sup> Champlain Valley Apiaries 11-2	<sup>15</sup> Smart Chicken 11-2	<sup>16</sup> Luce Farm 11-2
<sup>17</sup>	<sup>18</sup>	<sup>19</sup> The Yerbary 11-2	<sup>20</sup>	<sup>21</sup>	<sup>22</sup>	<sup>23</sup> Joe's Soups 11-2
<sup>24</sup>	<sup>25</sup> Windstone Farm Pesto 3-6	<sup>26</sup> Good Mix 10-4	<sup>27</sup>	<sup>28</sup> Jambalaya with Emily 12-2		

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