



Middlebury Natural Foods Co-op Demonstration Calendar JANUARY 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	² Jan's Farmhouse Crisps 11-2	3	⁴ Philamena's 11-2	⁵ Knife Sharpening 10-1
⁶	⁷ Salads with Ian 12-2	⁸	⁹	¹⁰	¹¹ Good Mix 10-4 Windstone Farm Pesto 3-6	¹² Joe's Soups 11-2 Rogue Herbals CBD 11-2
¹³	¹⁴ Coconut Curry Rice with Ian 12-2	¹⁵ New Chapter 11-2	¹⁶	¹⁷ Stone Corral Brewery 3-6 Local Sweet Sodas 3-6	¹⁸ Venetian Sodas 11-2 Method Organics CBD 3-6	¹⁹ Kimball Brook Farm 11-2
²⁰	²¹	²²	²³	²⁴	²⁵ Red Door Pies 11-2	²⁶ Joe's Soups 11-2
²⁷	²⁸ Good Mix 10-4	²⁹	³⁰	³¹		



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

■ = demo in Produce Dept.

■ = demo in Deli/Bakery/Cheese Dept.

