

Middlebury Natural Foods Co-op

Demonstration Calendar

2019
OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Localvore Oktoberfest Skillet with Ian 12-2	2	3 Organic Valley 12-2	4 Real Pickles 11-2	5 Knife Sharpening 10-1
6	7	8	9 The Yerbary 11-2	10 Good Mix 11-5	11 Stowe Cider 3-6	12
13	14	15	16	17 Near East Quinoa 12-2 Equal Exchange 4-6	18	19
20	21	22	23 The Yerbary 11-2	24 Champlain Orchards 3-6	25 Grafton Village Cheese 11-2	26
27	28	29 VT Vinegars 11-2 VT Smoke & Cure 3-6	30 Healthy Halloween Treats with Ian 12-2	31		

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

● DEMO IN PRODUCE DEPT

● DEMO IN DELI/BAKERY/CHEESE DEPT