

Middlebury Natural Foods Co-op Demonstration Calendar

2022 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 Apples with Jenny 1-3 🍏	4	5
6	7	8	9	10 Elmer Farm 11-2 🍏	11	12
13	14	15 Delna's Kitchen 3-6 🍏	16	17	18	19 Mid Congregational Church Food Drive 9-3 ☂️
20	21	22	23	24	25	26
27	28	29 Champlain Valley Apiaries 11-2 🍏 Douglas Sweets 3-6 🍏	30			

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

☂️ DEMO ON THE PLAZA

🍏 DEMO IN PRODUCE DEPT

🍞 DEMO IN DELI/BAKERY/CHEESE DEPT