

Sustenance Festival

presents a brand-new **WORKSHOP SERIES** by

Grounded in Vancouver

Oct 19–21, 2012

in the Exhibition Hall at the Roundhouse

Weed Eating!

Fri Oct 19, 7–8pm

COST \$10, max 30 people

Join local forager/chef Alexander McNaughton (Umami Consulting/Late Nite Art) for a fascinating and tasty workshop on foraging, growing and harvesting what most people think of as 'weeds' that are tasty, nutritious, and edible! Alexander will introduce you to a variety of greens that will open your mind—and your taste buds—to think beyond the supermarket produce aisle and welcome a whole new world of edible delights that will enhance your culinary repertoire.

Fondue Revisited & Revamped

Sat Oct 20, 11am–12pm

COST \$25, max 30 people

Join Executive Chef Ned Bell (Four Seasons Hotel Vancouver) to learn the secrets of fondue in today's gourmet foodie scene.



Watch, learn and taste 3 different fondues, and leave with recipes and inspiration to dust off your fondue pot and start impressing your friends with fondue nights—revamped!

Cheesemaking 101

Sat Oct 20, 1–3:30pm

COST \$40, max 15 people

Join David Asher, an organic farmer and farmstead cheesemaker from Mayne Island, as we explore the fascinating realm of cheese. David will



demonstrate and explain the techniques for making 3 basic styles of cheese: paneer, yogurt, and camembert, an aged rennet cheese—complete with a cheese-tasting after the demonstrations. Bring your pen and notebooks.

Queen of Green Household Cleaners

Sun Oct 21, 11am–12pm

COST \$20, max 25 people

Reduce the toxins in your home. Join Bonita Jo Magee for this hands-on workshop making the 3 most popular green household cleaner recipes from David Suzuki's Queen of Green Lindsay Coulter: Borax-free liquid laundry soap: all-purpose cleaner spray, and all-purpose cleaner scour. Bring a clean, empty pickle jar and a 500ml yogurt/sourcream container. We'll give you spray bottles and you'll leave with 3 labelled containers of cleaners that you've made, along with more recipes from David Suzuki's Queen of Green.

Healthy Desserts & Decorating Tips

Sun Oct 21, 1–2:30pm

COST \$25, max 20 people

You can have your cake and your health, too. Join Tricia Sedgwick, a Registered Holistic Nutritionist (The World In A Garden) and Bonita Jo Magee for a fun, hands-on workshop where you'll learn what makes a healthy dessert, how to make delicious and nutritious desserts for your family and friends, and fast and easy decorating tips that will impress your guests and make you look like a pro. Take home our goody bag with decorating toys, recipes and a colour print out of beautiful visual ideas.



WWW.EVENTBRITE.CA

to register for all workshops

INFO www.groundedinvancouver.ca



Roundhouse Community Arts & Recreation Centre
181 Roundhouse Mews (Davie & Pacific)