



MEDIA ALERT

22 October 2009

See some of Canberra's best foodies at Capital Region Farmers Market LIVE Event

Canberra's favourite weekly farmers market, the Capital Region Farmers Market, will this weekend host a special live event. The community is invited to taste, listen and learn throughout the morning with guest speakers and live cooking demonstrations at the Country Energy Kitchen. The recipes being demonstrated use 100% Capital Region Farmers Market produce and will be made available for customers to recreate the dishes at home.

MEDIA ARE INVITED TO ATTEND

What: Capital Region Farmers Market Live Event
When: Saturday 24 October, 2009
Time: 6am – 12 midday, schedule of demonstrations as below
Where: Capital Region Farmers Market, EPIC, Flemington Rd, Mitchell

Taste, listen and learn:

6.45 – 7.15am	Sue Armstrong	Greenhill Farm, biodynamic beef
7.15 – 7.45am	Russell Smith	Cheese
7.45 - 8.15am	Chris Stuart	Minto Galloway Beef
8.15 – 8.45am	Kaplan	Pilpel Fine Foods
8.45 – 9.15am	Eric Menard	French Chef and Pastry Chef
9.15- 9.45am	Tom Moore	Chef, Grazing
9.45 – 10.15am	John Wall	La Pizza Cucina
10.15 – 10.45am	Kim de Poorter	Desiree's Fine Foods

[ends]

For more information, images or to arrange an interview, please contact Lauren Griffiths, Threesides, 0417 409 264 or lauren.griffiths@threesides.com.au