

EAT LOCAL! 2008

LEARN *How* AT OUR 10TH ANNUAL EXHIBITION OF FARMERS



This Year's *Organic Expo* is a *DOUBLE-HEADER!*

West Side (Shawnee, Kansas)

Saturday, March 29th

9:00 AM - 2:00 PM

Shawnee Civic Centre

13817 Johnson Drive

Shawnee, Kansas

Phlumm and Johnson Drive



(Independence, Missouri) **East Side**

Saturday, April 5th

9:30 AM - 2:30 PM

Roger T Sermon Community Center

201 N Dodgion Street

Independence, Missouri 64050

Truman and Noland Road

**Buy Organic, Natural and Free Range Foods
Direct from *Local* Family Farms!**

- High-quality, organic vegetables for sale, on-site and thru CSA memberships
- Free Range meats, eggs and dairy products
- Veggie seedlings and plants for spring gardens
- Original music by Eco-Troubadour Stan Slaughter
- Attend growing & nutrition workshops*, and **CHEF'S DEMOS!****
- **Free Directory of Local Organic and Free Range Food Producers**

FREE ADMISSION – FREE PARKING

***3/29/2008 - WESTSIDE Workshop - 9:30am:**

"Good Health from Field to Plate"

featuring the **Localize Me Project**

with **Hilary Brown** of

Local Burger, (Lawrence KS)

***4/5/2008 - EASTSIDE Workshop - 9:30am:**

"Grow Food, Not Lawns"

****3/29/2008 - Chef's Demo - 12 noon:**

"Spring Flavors from Local Fare"

with Jacqueline Bopp, **Chef Jacci of Bistro Kids**

www.InHomeBistro.com

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Sponsored by:

Sierra Club, Food Circles Networking Project - MO Extension, Growing Growers Project - KS Extension, Kansas City Greens, Wellness Magazine, Society of the Precious Blood, Bridging the Gap, Sustainable Sanctuary Coalition, Green Sanctuary Committee, All Souls UU Church

The Kansas City Food Circle is an all-volunteer, not-for-profit organization.

www.KCFoodCircle.org (913) 334-0556