



# ***Farmers Expo 2007***

## **Buy Direct from Local Family Farmers!**

- High-quality, organic vegetables on-site and thru CSA memberships
  - Free Range meats, eggs and dairy products
  - Veggie seedlings and plants for spring gardens
  - Free information on organic agriculture & gardening
- Free *Directory of Local Organic and Free Range Food Producers*
- Original music by eco-troubadour Stan Slaughter

**Saturday, March 24, 2007**

- 9:00 am - 2:00 pm
- Shawnee Civic Center
- 13817 Johnson Dr., Shawnee, KS  
(2 miles east of I-435)

—Free admission, free parking—

### **Free workshop at 9:30 am**

“Becoming a Localvore: Healthy Food Grows Close to Home”

Lisa Markley, Registered Dietitian and Jill McLaughlin, Certified Holistic Health Counselor  
and The 100 Mile Diet Team

*\*\*\* free 100 Mile Diet CD to the first 75 workshop attendees! \*\*\**

### **Chefs demo at 11 am**

Howard Hanna, Executive Chef, Rm 39 at 39th Street West  
Weston Schroeder, Executive Chef, Rm 39 at Mission Farms

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*Sponsored by: Sierra Club, Food Circles Networking Project - MO Extension, Growing Growers project - KS Extension, Kansas City Greens, Slow Food, Wellness Magazine, Society of the Precious Blood, Bridging the Gap, Sustainable Sanctuary Coalition*

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

***www.kcfoodcircle.org (913) 334-0556***