



EAT FRESH WITH THE MARKET CHEF!

2012 Warner Area Farmers Market Cooking Demonstration Series

Saturdays 10 a.m.—11 a.m.
Warner Town Hall, Warner, NH
Free to the public--donations welcome

Our chefs use local ingredients and easy recipes!

July 21	“Homemade Ice Cream in a Bag” Ice cream in 15 minutes! Kids welcome!	Deb Rannacher “Deb’s Divine Delights”
July 28	“Summer Salads: Lettuce Try Something New” Easily prepared salads for parties and cook-outs	Graham Gifford, former chef Bedford Village Inn
Aug 4	“Cover Your Blessings with Salsas and Dressings” Also dips and sauces in delicious combinations	Anne Dunn, Food and Nutrition, UNH Cooperative Extension Office
Aug 11	“Wicked Cool: Cold Soups, Summer Rolls, and Sauces” Healthy alternatives in hot weather	Jane Beaulieu Mill Town Market, Manchester
Aug 18	“Food for Life: Live Long and Prosper with Fresh Food” Food that not only tastes good, it’s good for you!	Leslie Winship, cooking instructor, Physicians Committee for Responsible Medicine.
Sept 1	“Fresh! Rethinking the Family Menu”, part 1 Planning and preparing to make the whole family happy	Shara Ross, ass’t manager Vegetable Ranch farm, Warner
Sept 8	“Say Cheese: Making Mozzarella” Cheese from local cows—easier than you think!	Ruth Owen, farmer, Hopkinton
Sept 15	“Fresh! Rethinking the Family Menu”, part 2 More family recipes using fresh ingredients	Shara Ross ass’t manager Vegetable Ranch farm, Warner
Sept 22	“Hot Tamales” Corn is in season! Olè!	Sean Harrington, chef Runner Stone Cafe, Warner
Sept 29	“Crooked! Sauerkraut & Naturally Fermented Foods” Preservation without pressure canners!	Regina Rinaldo, chef D Acres Permaculture Farm

Rain date is Oct 13 for all demonstrations
(Warner Area Farmers Market continues rain or shine!)

Check Facebook for updates

Sponsored by Kearsarge Area Eat Local and
 Warner Area Farmers Market

Funding provided by Capital Area Wellness Coalition

