



www.thecreativefeast.com

603.321.5011

**Feasting From our Local Farms: The Benefits of Eating Locally and Seasonally  
Cooking demonstration and tasting**



The modern movement of eating locally grown and raised seasonal fare has its roots deeply planted in our historic kitchens. Now, “eating locally” and “eating seasonally” have become fashionable terms. Join Creative Feast chef Liz Barbour as she explores our modern journey back to the local farm with a discussion about the benefits of buying local and eating within the season. Enjoy a cooking demonstration of recipes featuring locally harvested seasonal ingredients and sample the distinct flavors of your local harvest. Farm fresh ingredients never tasted so good! Enjoy a cooking demonstration of two recipes and samples for all to taste. Recipes and paper goods included.

[Knives and knife sharpeners](#) will be available for purchase.

**Program Fees**

**Private Parties, Clubs, Retail Shops, Markets:**

\$350 plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person

**Public Libraries:**

First Booking: \$150 plus .50 per mile travel.

Repeat Bookings: \$200 each plus .51 per mile travel.

0-35 guests

Additional guests \$3.50 per person

