

Spring Food and Gardening Workshops

Eightfold Eats: Gluten Free, Sugar Free & Vegan Baking

Includes a gluten free baking demo, vegan and without white or simple sugars; a discussion on dairy and superfoods and the truth about all alternative sweeteners plus much more. You will also get great tips on cooking, handouts, FOOD, and exclusive recipes.

Wed. May 14, 6:30 – 9pm Cost: \$20

Canning Basics

Learn the basics of canning and preserving food. No experience necessary. You will learn all the basics including supplies and kitchen prep, how to prep fruits & veggies, safe canning methods, and other tips & strategies for canning at home! All participants will walk away with their own canned treat made during the evening.

Monday, May 20, 6:30 – 8:30pm Cost: \$10

Mindfulness Tea: How To Eat Your Way Out Of Stress

Stress stops the process of eating and digesting. You can use the process of eating to communicate to your body, letting it know that it can relax. You get to enjoy every bite of a variety of delicious food as you take in and acknowledge the sublime view of the exquisite table, and slowly uncover the sumptuous offering of gifts to our senses.

Sunday, June. 15, 7- 9pm Cost: \$12

Balcony & Container Gardening

Want to grow food but you live in an apartment? We will cover the techniques and challenges of gardening indoors and on balconies in containers. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and of course, what to grow.

Wed. May 7 7 – 9pm Cost: \$25

Native Edibles

Learn about nutritious and delicious foods that are growing all around us that most are unaware of. We will discover both indigenous and introduced naturalized species that are all well adapted to our local growing conditions.

Tues. June 17 7 – 9pm Cost: \$25



All workshops are located at Britannia Community Centre.
Registration: 604.718.5800