



Home Cookin' ***Using Saskatchewan Grains and Beans***

Carbohydrates - the Real Story

and

Cooking Demonstration

Saskatoon Farmer's Market
Saturday September 6, 2008
10:00a.m. - 1:00p.m.

Handouts Food Samples

Joyce Polowski – Red Seal Chef Paulette Millis – Registered Nutritional Consultant

Sponsored by the
Saskatchewan Organic Directorate's
Food Miles Campaign

