



the
LOCAL
BEET
NEWSLETTER

Annual General Meeting

MEMBERS join us for our AGM to have a say in your store! Not a member or need to renew, drop by the store to sign up or renew.

When: Saturday April 23, 3-5pm

Where: The Motley Kitchen, 70 Young Street

More info [HERE](#). RSVP at 705-521-6717 or info@eatlocalsudbury.com.

Paint Party to Support Eat Local Sudbury



Mary-Ann Walker LeClair, from [Connect and Create Mobile Painting Parties](#), will provide all of the tools and guidance to help us create our very own painting!

When: Tuesday April 26, 7:00pm

Where: Lockerby Legion, 2200 Long Lake Rd

Cost: \$50 (all supplies included)

Buy your ticket today at Eat Local Sudbury (cash only please). Only 65 seats available! All proceeds go to Eat Local's Love the Co-op Save the Co-op campaign. More info [HERE](#).



FEATURES THIS WEEK:

- Ontario Bunched Baby Carrots **\$4.89 each**
- Ontario Spinach **\$6.49 each**
- Organic Lettuce Mix **\$5.89 each**
- Organic Broccoli Micro Greens **\$3.49 each**
- Organic Young Coconut **\$5.99 each**
- Organic Rambutan **\$11.99/lb**



Recipe of the Week



[What is the Difference Between the Lychee, Rambutan and Longan](#)

[How to Choose and Prepare Rambutans](#)

5TH ANNUAL
Seedling Swap

Local gardeners and green thumbs can bring seedlings to **SWAP** for an equal number of donated seedlings.

PURCHASE donated seedlings for \$1-\$2. Donations from Leisure Farms, Rowantree Farm, Field Good Farm, Three Forks Farm and local farmers + gardeners.

Limited number of locally grown farm seedlings \$3-\$6.

All proceeds go towards *Eat Local Sudbury Cooperative Love the Carap Save the Carap* Fundraising campaign.

Saturday, May 28, 2016 9:30am-3pm
YMCA (Downtown)
110 Durham St., Sudbury, Ontario
Part of *Sudbury's Horticultural Society Gardening Festival*

VOLUNTEER + DONATE SEEDLINGS
amanda@eatlocalsudbury.com

5th Annual Seedling Swap & Sale

When: Saturday May 28, 9:30-3

Where: Downtown YMCA
140 Durham Street

Details: Bring seedlings to donate

Fromagerie Kapuskoise makes an impact in Toronto



Staff from Kapuskasing's local cheese producer received great acclaim from one of Canada's best cheese makers.

and swap or purchase donated seedlings for \$1-2. *All proceeds benefit Eat Local Sudbury's Love the Co-op Save the Co-op campaign.* More info [HERE](#).

Read more [HERE](#).



Every **Saturday** check out Cook Local Sudbury for delicious local food!

For participating restaurants click [HERE](#)

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