

organic farm) and cheese artisans. Experience the true taste of Vermont firsthand as you sample sweet, rich maple syrup, crisp organic produce and tangy local cheeses.

Secrets of the Woods
September 15, Tuesday

Hunting the woods and fields for wild foods, Nova Kim and Leslie Hook will host a walk and discuss the art of wildcrafting. We will visit the woods and forest to explore edible blossoms, berries, bulbs, greens, roots, fruits, herbs and the occasional surprise ingredient. Our natural environment is full of wonderfully delicious and “invisible” foodstuffs which provide for our table as well as for medicinal use. Learn about habitat preservation, plant identification and how to harvest, prepare, store and use these delectable “secrets of the woods”.

Honey Health
September 16, Wednesday

The value of bees in our lives cannot be overstated. It is estimated that approximately 40 percent of the foods we eat are dependent on pollination by insects. Todd Hardie, of Honey Gardens Apiaries in Ferrisburgh, Vermont will introduce us to the world of bees, from raising bees to making honey and creating honey wine or “mead”. Mead Master, Dana Matthews will be on hand for a tasting of this delicious beverage with roots that can be traced back to ancient days.

