

# Sustainable Living Week Market



**7 November, 2015**

**Lincoln Causeway, Wodonga** (Next to Farmers Market)

## FOOD AND COOKING DEMONSTRATIONS

<b>9am to 9.30am</b>	<b>Farmers' market stroll</b> Join local chef extraordinaire Michelle Matush as she takes a stroll around the market, chats to the farmers and buys seasonal produce in preparation for a cooking demonstration.
<b>9.45am and 11am</b>	<b>Local food cooking demonstrations and tastings</b> Local chef Michelle Matush will demonstrate cooking with seasonal local ingredients. Come along to watch and try a tasty sample. Get some great tips direct from the growers about storing and preparing fresh from the market produce.

## 'SPEED-DATE' A SUSTAINABLE DESIGNER\*

<b>9am to noon</b>	Bring your questions, ideas or plans to get expert advice on sustainable design. Book in on the day for your free 15-minute consultation with a local sustainable designer.
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## MAKE YOUR OWN...

<b>8am to noon</b>	<b>Metal critters*</b> Join local artist Michael Laubli and make your own artwork - a critter created from salvaged metal.
<b>8.30am to 9am</b>	<b>Mud bee inns*</b> Joanne Diver, the Backyard Garden Enthusiast, will show you how to make a solitary bee and insect habitat from mud to take home. A kids' activity that is also suitable for adults.
<b>9am to 9.30am</b>	<b>Timber bee inns*</b> Joanne Diver, the Backyard Garden Enthusiast, will show you how to make solitary bee and insect habitat from timber to take home. Aimed at adults, but kids are welcome with supervision too.

## MUSIC

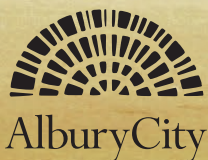
<b>10am to noon</b>	<b>Luke Davies and the Recycled String Band Duo</b> Enjoy the blues and country roots mix of tunes from this much-loved local outfit, featuring instruments made from recycled and salvaged materials.
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## WORKSHOPS AND TALKS

<b>8.30am to 9am</b>	<b>Seed saving for your kitchen garden</b> Seed Savers Albury-Wodonga demonstration of seed saving techniques and how saving seed can help you grow a great kitchen garden.
<b>9am to 9.30am</b>	<b>Cloth nappy workshop</b> Choosing or converting to cloth nappies can be quite a daunting concept. This Halve Waste workshop will touch on questions relating to modern cloth nappies as well as providing you with the opportunity to touch and feel a range of nappies and accessories.
<b>10.30am to 11am</b>	<b>Home composting workshop</b> Compost at home and gain all the benefits for your garden. The Halve Waste composting workshop will teach you how to set up, use and manage a compost bin at home in order to make the most of the nutrients in your organic waste.
<b>11am to noon</b>	<b>Preserving seasonal produce</b> Wodonga's Mary Prowse will show you how to make a delicious beetroot chutney.

\* Limited places. Come along early to book in on the day.

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