

## **The community Centre Canteen Room, Llanidloes on 12th May**

**Annie Levy** @10.15-11am

Annie Levy has been teaching fermenting skills in community settings for a decade. Read her blog @ [kitchencounter culture121.wordpress.com](http://kitchencounter culture121.wordpress.com).

Kimchi

**Syrian chefs**@ 11.15am -12am

Saba & Mohamed Wetti, along with Hind Albalkhi

They will be demonstrating 4 dishes – Moutabbal (aubergine dish with tahini), Foul modammas (bean cooked with dressing), Syrian Tabbouleh, ejeh

Hind Albalkhi a Syrian omelette.

**Aber Food Surplus** @ 12.15am -1pm

Heather McClure, Christopher Byrne & Christopher Woodfield

"Empowering communities - surplus food redistribution, innovation and outreach for environmental and social benefits"

Aber Food Surplus is a not-for-profit social enterprise based in Aberystwyth which redistributes surplus food from supermarkets to local community groups and charities. Furthermore, the group provides community 'Pay As You Feel' meals and organises community events raising awareness of food waste and environmental and social issues. <http://aberfoods surplus.co.uk/>

**Rosie Jones** @ 1.15-2pm

Will be cooking up three amazingly fresh tasty treats. Rosie has been running Relish, the Oriel Davies gallery cafe in Newtown for the last four years, where she have earned a reputation for being the best gallery cafe in Wales, catering for dairy free+ wheat free diets using fresh locally sourced, seasonal ingredients in making delicious whole-world food!

Tapas.

Green lentils with nettles and fennel.

Spiced wild garlic and spring green ribbons

And a lemony radish and fennel salad with fresh spring herbs

**Charlotte from Good Carma Foods** 2.15-3pm

Charlotte will be giving a demo on how to use her amazing vegan cheese. Looking forward to a taste of this dairy free creation. <https://goodcarmafoods.com/>

**Weight Watchers** Laura 3.15 – 4pm

Healthy low calorie, quick and easy vegi meal.