



Vegetarian Week Events

12th – 20th May

Saturday 12 th	10am – 4pm	Llanidloes Food Festival	Llanidloes Community Centre Talks, cooking demos & stalls	
Saturday 12 th	4.15 -5.30pm	Film	In Our Hands – Seeding change	
Sunday 13 th	10am – 12am	Cooking Class	Annie Levy	Seasonal Kimchi
Monday 14 th	6pm – 8pm	Cooking class	Michelle Boudin	Super foods
Tuesday 15 th	6pm – 8pm	Gardening Class	Emma Maxwell	Quick & Easy salad & greens
Wednesday 16 th	6 -7.30pm	Film	@ The Old Mill	Film- Carnage
Thursday 17 th	2pm - 4pm	Gardening class	Emma Maxwell	Growing winter veg
Thursday 17 th	6pm – 8pm	Cooking class	Julie Grant-Hapeshi	Vegan milks & Cheese
Friday 18 th	6pm – 8pm	Cooking class	Suzanne Bailey	Miso soup & sugar free dessert
Sunday 20 th	11.30am– 3.30pm	The Big Farm Picnic (on a Small Farm)	Ash & Elm Horticulture Cae Felyn, Old Hall, Llanidloes	

Booking essential for classes: sign up on the 12th or email emma@ASHandELMhorticulture.co.uk

These events are free to attend, but donations are encouraged on the day.



Name.....

Contact.....

Event you want to attend

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Tear off and return on the 12th May or to Great Oak Foods