

Practical Cookery Session

Using a  'Veggie Box'

COMMUNITY ACTION FOR SUSTAINABLE LIVING

Wednesday 13th November, 2013.

Participants can take part in a practical cookery demonstration and eat the *fruits* of their labour in a session held at Second Avenue Resource Centre with Vicki Hall.



The course is high value, but no charge will be made to participants.

Preference will be given to people who pledge to 'pass it on' - to share the practical skills they have learnt with family and/or friends.



For more information please contact:

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