

mbc NEWS

Milltimber Fieldside Cults

Deeside Local Food Festival 2017

The Deeside Local Food Festival, organised by The Mixing Bowl Aberdeen, is taking place on Sunday 17th September 2017, 11am – 4pm, at Cults Academy and it looks set to be our biggest event yet! We are excited that this year's festival has a special focus on health and are delighted that Kippie Lodge are our main sponsor for the event.

Now in its third year, the festival brings together producers, artisans and vendors from across Aberdeenshire to celebrate local food and drink. Visitors have the opportunity to meet the producers behind some of the region's finest food and drink at the festival's Produce Market, which has been extended this year to include over forty stalls. Top quality locally produced meat, fish, dairy, vegetables, bread, beer, spirits, confectionery, sauces and preserves will all be on offer. We are proud that over 80% of the food producers at the event live within a 30-mile radius of Cults, making this a truly local affair.

Craig Wilson, The Kilted Chef, from Eat on the Green will be at the event performing cooking demonstrations using local produce. This year, visitors will have the opportunity to cook alongside Craig in his Kilted Kitchen and create some inspirational dishes.

Cults Academy playground will be transformed into a Street Café where there will be a mouthwatering variety of lunch food to choose from. Wood fired pizza, home made soups, gourmet burgers, pulled pork rolls, Cullen skink wraps and Persian street food are just some of the choices on offer. Alongside the food vendors visitors can enjoy live music from local artists.

There will be plenty of fun activities for kids to enjoy during the day, much of which is being created by local community groups; activities include foodie crafts, quizzes, competitions and games. There will also be a Taste Adventure run by Slow Food Aberdeen.

For the more energetic, outside there will be football, hockey, tennis, climbing and mountain biking to try. New this year, and to compliment the festival's focus on health, local community classes and sports clubs will be putting on fitness demonstrations throughout the day.

The Mixing Bowl Aberdeen is running a series of small workshops at the festival, the first is a kids' pizza making workshop led by Lesley Gillespie from The Chard, and the second is a raw food truffle and energy bar workshop with Caroline Allan. Both workshops are suitable for children and places can be booked through The Mixing Bowl Aberdeen website (www.mixingbowlaberdeen.co.uk) from Saturday 26th August.

We are extremely grateful to Kippie Lodge, The Marcliffe Hotel and Spa, Aberdeen City Health & Social Care Partnership, Laings, Cala Homes and The Deesidedly Tasty Company who have made this year's event possible through their generous funding.

Details of the local food producers and vendors at the festival can be found on our website and follow us on Facebook to keep up to date with this year's event. If you would like to volunteer to help out at the event please get in touch, we'd love to hear from you.

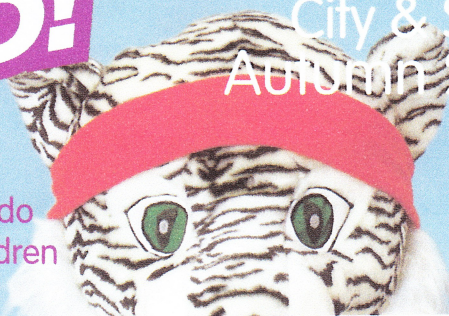
Website: www.deesidefoodfestival.co.uk Email: deesidefoodfestival@outlook.com Facebook: [DeesideFoodFestival](https://www.facebook.com/DeesideFoodFestival)



Raring2go!

Aberdeen
City & Shire
Autumn 2017

The definitive guide of what to do
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Celebrating Local Food on Deeside!

WITH last year's event attracting over 2,000 visitors, the Deeside Local Food Festival is back for another bite this September!

Organised by the community-led food interest group The Mixing Bowl Aberdeen, this free one-day festival celebrates the wonderful variety of food produced in Aberdeenshire. This year's festival will have a special focus on health, and visitors will be able to sample the delights of more than 50 local producers and vendors.

"We live in a region bursting with flavour," co-organiser Sarah Misra told Raring2go! "Local food is healthy food, so being able to bring this to our local community is very exciting."

On the day, the Festival will be centred around a local produce market where visitors will be able to meet the farmers, growers and artisan food creators living close by. With over 75% of exhibitors coming from within a 25-mile radius, the focus will be on

'local, fresh and flavoursome'.

Handmade cheese, locally reared meat, artisan breads, fruity jams, spicy relishes, home bakes and craft beers are just some of the products that will be available to sample and buy.



Outside Cults Academy, the playground will be transformed into a street café for food on the go – and there'll also be plenty of fun, foodie and sporty activities and demonstrations for the whole family to enjoy throughout the day. We'll see you there!

The Deeside Local Food Festival, Cults Academy, Sunday 17th September, 11am–4pm.
E: deesidefoodfestival@outlook.com;
W: deesidefoodfestival.co.uk; FB: [deesidefoodfestival](https://www.facebook.com/deesidefoodfestival).

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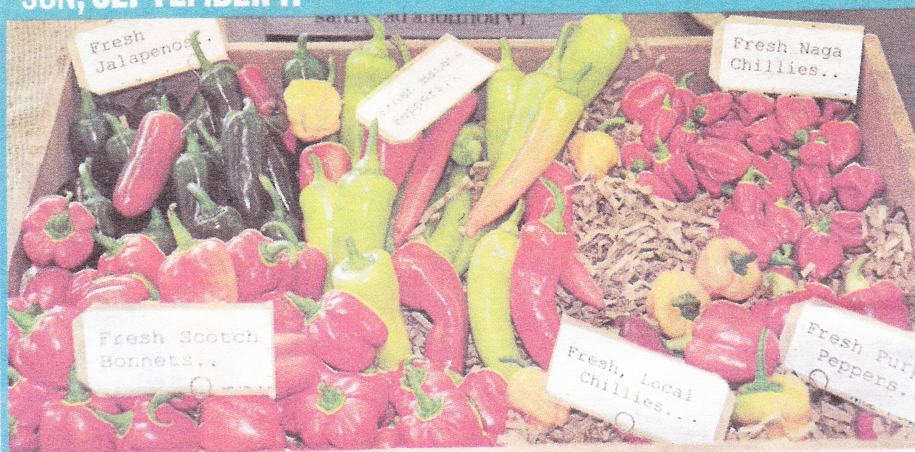
YOUR WEEKEND

ESSENTIAL GOING OUT GUIDE

The Press and Journal

14 | 09 | 17

SUN, SEPTEMBER 17



DEESIDE LOCAL FOOD FESTIVAL

What started as an idea between friends two years ago has turned into one of the highlights in Aberdeen's foodie calendar. The Deeside Local Food Festival was born from a passion to bring local, quality produce to the local community, and this year's event, taking place on Sunday, at Cults Academy, looks set to be the biggest yet.

The event features more than 50 independent food and drink producers and vendors from across Aberdeen city and shire, with 75% of them located within a 25-mile radius. The organisers are particularly keen to champion new up-and-coming talent.

Central to the festival is a Local Produce Market that has a wide variety of fresh, local produce available to sample and buy. Visitors can enjoy meeting the farmers, growers and artisan food and drink creators living close by.

Since the first festival in 2015, there has been an explosion of independent food vendors starting up in the area and many of these will be at the event selling hot lunch food.

The event is keen to attract families and there's plenty for youngsters to do with kids cookery workshops, foodie activities created by local community groups and Slow Food Aberdeen's Taste Adventure. If they still have energy left, send them outside to try football, hockey, golf, tennis, climbing, mountain biking and gardening.

Local food is healthy food and this year's festival focuses very much on health. Kippie Lodge, the main sponsor of the event, will be hosting fitness demos, and Craig Wilson, The Kilted Chef, from Eat on the Green, will welcome members of the public on stage to cook up healthy recipes using local ingredients.

● See www.deesidefoodfestival.co.uk for more details.

TREND

AUG/SEPT 2017

WHAT'S ON 91

dates for your diary

SEPTEMBER

1

Culture

ABERDEEN ART FAIR *The Beach Ballroom, Aberdeen* A fair with flair! the Aberdeen Art Fair brings an excellent opportunity for you to be among the first to discover a diverse range of original contemporary and affordable art all under one roof. Runs until 3 September. aberdeenartfair.co.uk

2

Culture

BRAEMAR GATHERING *The Princess Royal and Duke of Fife Memorial Park, Braemar* The most famous and best-attended Highland Games in Scotland, featuring the finest pipe bands, Highland dancers and athletes in a stunning setting surrounded by heather clad mountains. braemargathering.org



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Charity

CHAPELTON BIKE RIDE *Chapelton, nr Newtonhill* Get on your bike for a great cause and a cycle route throughout some of Aberdeenshire's finest scenery. All profits raised is donated to NESS. chapeltonbikeride.co.uk



© John Borowski

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Business

OFFSHORE EUROPE *AIECC, Aberdeen* Engage directly with technical experts from more than 1,500+ suppliers on the exhibition floor, from international market leaders to new innovative technology companies. Runs until 8 September. offshore-europe.co.uk



7

Festival

TRUE NORTH *Various, Aberdeen* Located at the heart of the city, the festival features the contemporary music industry's most interesting, relevant and exciting artists. Runs until 10 September. aberdeenperformingarts.com

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Culture

NEOS 2017 *Various, Aberdeenshire* NEOS will feature an amazing 269 artists, makers and designers. A wide range of work will be on show from painting to printmaking, textiles, ceramics, photography and many more. Runs until 17 September. northeastopenstudios.co.uk

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Food & Drink

DEESIDE LOCAL FOOD FESTIVAL 2017 *Cults Academy, Aberdeen* The event is centred around a local produce market where visitors can enjoy meeting the farmers, growers and artisan food creators living close by. Handmade cheese, locally reared meat, artisan breads, fruity jams, spicy relishes, homegrown veg, drinking shrubs, homebaked cakes and craft beers are just some of the products available to sample and buy. deesidefoodfestival.co.uk



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Charity

TREND'S FASHION LUNCH AW17 *Malmalson, Aberdeen* Get all the inspiration you need for AW17/18 by treating yourself to an afternoon of fun, fashion, food and elegance. trendmagazine.co.uk