

# Deeside Local Food Festival

In association with Kippie Lodge

Sunday 17th September 2017

11am to 4pm

Cults Academy, Cults, AB15 9TP

**A one day festival to celebrate local food**

- Local Produce Market
- Lunch Food Stalls
- Cooking Demonstrations
- Fun Kids Activities
- Foodie Workshops
- 'Meet the Producers' Film
- Live Music
- Fitness Class Demos

*Free Entry!*

Brought to you by The Mixing Bowl Aberdeen,  
the theme for this year's festival is Health.

**Website:** [www.deesidefoodfestival.co.uk](http://www.deesidefoodfestival.co.uk)

**Facebook:** [/deesidefoodfestival](https://www.facebook.com/deesidefoodfestival)





## The Mixing Bowl Aberdeen Cookery Workshops at the Deeside Local Food Festival



As part of the Deeside Local Food Festival on Sunday 17th September 2017 at Cults Academy, The Mixing Bowl Aberdeen is delighted to be hosting a series of small hands on workshops designed to excite and inspire visitors while making healthy food fun.



### Kid's Pizza Making Workshop

Lesley Gillespie, from the Slow Food Chef's Alliance and The Chard, will be leading a workshop for kids to create their very own homemade pizza. Each child will have the opportunity to measure, mix and shape their own scone pizza dough, make a homemade tomato sauce and then assemble their pizza using the freshest ingredients as toppings. Their creations will be cooked and ready to eat within the hour.

#### Workshop Times

**Session 1:** 11.00 am to 12 noon **Session 2:** 1.00 pm to 2.00 pm **Session 3:** 3.00 pm to 4.00 pm

 Number of places available per session: 10  Workshop duration: 1 hour  Cost per child: £10

For more information on The Chard visit their Facebook page at <https://www.facebook.com/thechard.co.uk>

### Truffle and Energy Bar Workshop

Join Caroline Allan, health promoter and raw food chef from Good Food Good Feelings, to create nourishing and energising truffles and bars that can be given as presents, included in packed lunches or even served after dinner. Come along and learn how to make these delicious treats using only whole foods with no refined sugar added. Everyone is welcome, all ingredients are vegan friendly.



#### Workshop Times

**Session 1:** 11.00 am to 11.45 am **Session 2:** 12.00 noon to 12.45 pm **Session 3:** 2.00 pm to 2.45 pm

**Session 4:** 3.00 pm to 3.45 pm

 Number of places available per session: 8  Workshop duration: 45 minutes  Cost per person: £10

For more information on Good Food Good Feelings visit [www.goodfoodgoodfeelings.co.uk](http://www.goodfoodgoodfeelings.co.uk)

### Booking Instructions

Both workshops are appropriate for children from the age of 4 years old. Any child 8 years and under must be accompanied by an adult and only one place needs to be booked. Places for both workshops can be booked through The Mixing Bowl Aberdeen website from **Saturday 26th August**

[www.mixingbowlaberdeen.co.uk](http://www.mixingbowlaberdeen.co.uk). Places are limited and will be booked on a first come first served basis.

*The Mixing Bowl Aberdeen* is a community led food interest group that meets monthly to share food knowledge, skill and experiences through talks, tastings, demonstrations and workshops.

[www.mixingbowlaberdeen.co.uk](http://www.mixingbowlaberdeen.co.uk) [www.facebook.com/mixingbowlaberdeen](https://www.facebook.com/mixingbowlaberdeen)

