

Heritage Foundation of Newfoundland and Labrador presents

3RD ANNUAL  
**FOLKLIFE FESTIVAL**  
of Newfoundland & Labrador  
August 13 to 21 2011

# Seeds to Supper

CELEBRATING AGRICULTURAL  
TRADITIONS PAST AND PRESENT

[www.seedstosupper.ca](http://www.seedstosupper.ca)

EASTERN

FOOT  
HILL  
FESTIVAL

Heritage Festival  
Newfoundland and Labrador

MUN  
Botanical  
Garden

AGRICULTURE

FEAST  
Heritage Foundation of Newfoundland and Labrador



## AUGUST 13TH

9AM-2PM

**ST. JOHN'S FARMER'S MARKET**  
(Lion's Club Chalet, Bonaventure Ave., St. John's) A wide variety of vendors will participate at this year's market, including farmers with early produce, international foods, arts and crafts, fresh coffee, photography, waffles, sweet snacks, kids events, buskers, and special events!

10AM-5PM

**53RD ANNUAL FARM FIELD DAY**  
(208 Brookfield Rd., St. John's) Hosted by The Agriculture Cold Climate Research Centre features displays of research, tractor tours, and a display by the Agricultural History Society.

2PM

**EDIBLE WILD PLANTS: A POWERPOINT PRESENTATION** (MUN Botanical Gardens, St. John's) Dandelion stew? Dogberry jelly? Todd Boland, the Botanical Garden's Research Horticulturist will point out many culinary treasures hidden in our forest, fields and roadsides.

9AM-2PM

**FEAST WORKSHOP: MAKING FOOD FUN** (St John's Farmer's Market - Lion's Club Chalet, Bonaventure Ave., St. John's) This summer Food Education and Action St. John's will be hosting a series of workshops at the St. John's Farmer's Market.

## AUGUST 14TH

2PM-4PM

**SEEDS TO SUPPER SUNDAY FAMILY PROGRAMS** (MUN Botanical Gardens, St. John's) Make flowerpots from recycled materials, visit our vegetable garden, see how worms eat our garbage and make our soil, plant some edible seeds and feed the ducks.

10AM-11:30AM

**EDIBLE PLANT HIKES** (MUN Botanical Gardens) Join Diane Pelley, Visitor Services Supervisor, for an edible plant hike that will go over the common and the not-so-common edible plants of our boreal forest, fen and barrens.

## AUGUST 15TH

1PM-4:30PM

**FOOD, FOLKLORE & TOURISM WORKSHOP** (Cupids Legacy Centre, Cupids) An open panel discussion session about culinary tourism in NL and the challenges and potential of culinary tourism programming.

## AUGUST 16TH

7:30PM

**AN EVENING WITH CENTURY FARMERS: THE RUBYS & LESTERS** (Lester's Catering, Pearltown Rd., St. John's) Join host Kevin Aucoin with Century Farm families Leonard and Lena Ruby, and Jim and Michelle Lester, for a discussion on farms and farm life, past, present and future.

## AUGUST 17TH

11AM-2PM

**ART GARDEN WORKSHOP** (Eastern Edge Gallery, 72 Harbourside Dr., St. John's) As part of the Art Marathon Festival this year, Eastern Edge is holding workshops to create a Moveable Art Garden, which will be part of FEAST's Third Annual Open Garden Day on Sunday August 21.

## AUGUST 18TH

11AM-2PM

**ART GARDEN WORKSHOP** (Eastern Edge Gallery, 72 Harbourside Dr., St. John's) As part of the Art Marathon Festival this year, Eastern Edge is holding workshops to create a Moveable Art Garden, which will be part of FEAST's Third Annual Open Garden Day on Sunday August 21.

## AUGUST 20TH

9AM-2PM

**ST. JOHN'S FARMER'S MARKET**  
(Lion's Club Chalet, Bonaventure Ave., St. John's) A wide variety of vendors will participate at this year's market, including farmers with early produce, international foods, arts and crafts, fresh coffee, photography, waffles, sweet snacks, kids events, buskers, and special events!

10:30AM

**THREE CHEERS FOR COMPOSTING!** (MUN Botanical Gardens, St. John's) This presentation will introduce the practical steps of starting composting, indoors and out. The indoor presentation will be followed by a short walk in the garden to view some compost bins.

## AUGUST 21ST

12PM-4PM

**FEAST OPEN GARDEN DAY** (see [www.seedstosupper.ca](http://www.seedstosupper.ca) for locations) Open Garden Day is a chance for those interested in or already growing their own food to take a self-guided tour through the many gardens in the city. FEAST will provide a map to all the participating gardens.