

# CULINARY STAGE



SATURDAY

**10:30 am**

**Best Seasonings in the World**

Brigitte Lessard

Jakes Seasoning

**11:15 am**

**Kitchen Prep That Saves You Money!**

Allyson Kirchner

Realize Dreams Tupperware

**12:00 pm**

**Cooking Dainty Products is Simple**

Chef Jonathan Cheung

Dainty Foods Inc

**12:45 pm**

**Cooking with Microgreens!**

Chef Rob Lehmann

Good leaf

**1:30 pm**

**The Forager and the Finesse**

Chef Paul Rogalski & Chef Dean Fast

Rouge Restaurant

**2:15 pm**

**Simple Swaps**

Trina Hampton

FUEL Bites

**3:00 pm**

**Delicious DIY Cafe Mocha's**

Tara Duncan

Urban Calm Coffee Company

**3:45 pm**

**Water Kefir 101: What It Is, How to Make It and Why You Should Drink It!**

Leeza Zurwick

Happy Gut Pro

**4:30 pm**

**Perimenopause Cravings**

Kerri Bauer

Soul House Sweets



SUNDAY

**11:15 am**

**Why Good Cookware Matters / Easy 20 min Recipes!**

Trena Jackson

Pampered chef

**12:00 pm**

**"All About Shine"**

Don Harrison

The Booze Brothers

**12:45 pm**

**Corn and chocolate**

**Prehispanic food for the future**

Chef Erika Araujo

Chef Erika Araujo/ChocoSol

**1:30 pm**

**Making an African meal**

Adebola Esan

Flavours Restaurant

**2:15 pm**

**Cooking Dainty Products is Simple**

Chef Jonathan Cheung

Dainty Foods Inc

**3:00 pm**

**Cooking to Survive Cancer and Live a Thriving Life**

Emiliya Ursova

Cookmesh

**3:45 pm**

**Best Seasonings in the World**

Brigitte Lessard

Jakes Seasoning

Kitchen provided by:

