

Presented by:

CULINARY STAGE



SATURDAY

11:15 am

Thermomix Will Change Your Life!

Benedicte Guerrero & Ania Kruczek

Thermomix

12:00 pm

An Olive Oil and Balsamic Tasting Paired with Some Beautiful Pasta Bites - Cacio e pepe

Mike George of Aurelius Fine Olive Oils and Balsamic Vinegar, with Chef Mackenzie Coombes of Giulia Pizza

12:45 pm

2022 Jabulani Neighbourhood Vidal with an Apple & St. Albert Cheese Flatbread, with Red Onion, Pecans and Arugula

Martha Kelly

Jabulani Winery at Richmond Estate

2:15 pm

Camellia Sinensis: The Wonderful World of Tea

Angela Parker

A Cup of Kindness Tea Company

3:00 pm

Delicious DIY Cafe Mocha's

Tara Duncan

Urban Calm Coffee Company

3:45 pm

Barbados Presents: Girls' Night In

Lisa Batson

Barbados Tourism Marketing Inc.

4:30 pm

Nutrition and Protein: How to Optimize Protein Intake for Healthy Hormones, Sustained Energy and Body Composition

Melisa Leraci

Ottawa Vally Meats

5:15 pm

Transforming Leftover Bread into Addictive Snacks

Phoebe Phuong Ha

BanhMiYes



SUNDAY

11:15 am

DODJIVI: Functional Mushroom Coffee Mix

Komlanvi Dodjro

DODJIVI

12:00 pm

Microgreens, Nature's Superfood

Jace Baart

Microgreens Ottawa

12:45 pm

2022 Jabulani Neighbourhood Vidal with an Apple & St. Albert Cheese Flatbread, with Red Onion, Pecans and Arugula

Martha Kelly

Jabulani Winery at Richmond Estate

1:30 pm

Easy Cocktail to do at Home

Daniel Boulianne

Tia Maria & The Busker Irish Whiskey

2:15 pm

An Olive Oil and Balsamic Tasting Paired with Some Beautiful Pasta Bites - Cacio e pepe

Mike George of Aurelius Fine Olive Oils and Balsamic Vinegar, with Chef Mackenzie Coombes of Giulia Pizza

3:00 pm

Barbados Presents: Girls' Night In

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3:45 pm

A Seasonal Bounty: Maximizing our Regions Local Produce

Pastry Chef Tatiana Vorobej

OCDSB, Adult High school

Kitchen Provided by:



Times and topics are subject to change.