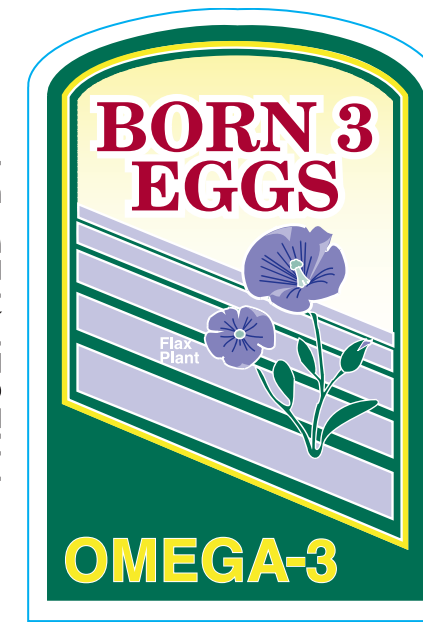






# FRASER VALLEY FOOD SHOW

PRESENTED BY



	Born 3 Eggs Celebrity Cooking Stage	Joy TV's Grapes & Hops Stage	BC Pork Butcher's Showcase Stage	
<b>FRIDAY</b>	12:30 PM <b>GF</b> <b>Theresa Nicassio, PhD</b> Inclusive Chef & Author of YUM Plant Based Recipes for a Gluten Free Diet	 <b>Just Here For The BEER</b> 2:00 PM <b>Sniff, Swirl, Sip: How to Taste Wine Like a Pro</b> www.BetweenTheVines.ca Presented by Kathleen Rake 4:00 PM <b>Beer 101: An Introduction to Beer</b> Presented by Just Here For the Beer.com Rick Mohabir 5:00 PM <b>From Steak to Scrambled Eggs: This Food, That Wine</b> www.BetweenTheVines.ca Presented by Kathleen Rake 6:00 PM <b>Belgian Beers: An Exploration of the Belgian Style</b> Presented by Just Here For the Beer.com Rick Mohabir 7:00 PM <b>Perfect Pairings: Wine &amp; Cheese</b> www.BetweenTheVines.ca Presented by Kathleen Rake 8:00 PM <b>Ladies Night</b> Presented by Just Here For the Beer.com Rick Mohabir	1:45 PM <b>GF</b> <b>Magie Buchanan</b> Himalayan Crystal Salt: An understanding of it <b>Okanagan Pink Salt Company</b>	
	1:30 PM <b>Brian Misko: House of Q</b> Author & BBQ Specialist Grilling with The House of Q		2:30 PM <b>GF</b> <b>Chef Hidekazu Tojo</b> Master Carvings <b>Chef &amp; Owner of Tojo's Restaurant</b>	
	2:30 PM <b>GF</b> <b>Theresa Nicassio, PhD</b> Inclusive Chef & Author of YUM Plant Based Recipes for a Gluten Free Diet		5:45 PM <b>GF</b> <b>Chef Hidekazu Tojo</b> Master Carvings <b>Chef &amp; Owner of Tojo's Restaurant</b>	
	3:30 PM <b>Chef Hidekazu Tojo</b> Tojo Rolls & Hot Shrimp Salad Owner & Chef: Tojo's Restaurant		6:45 PM <b>GF</b> <b>Viktor Kozak, Sausage Maker</b> The Art of Sausage Making <b>Sedo's Old Fashioned Butcher &amp; Deli</b>	
	4:30 PM <b>GF</b> <b>Bob Blumer, Gastronom</b> Host of Food Networks Glutton For Punishment		7:15 PM <b>GF</b> <b>Glenn Pineau, Certified Ultra Premium Retailer of Oils</b> Understanding Olive Oil <b>All of Oils</b> <a href="http://allofoils.com">allofoils.com</a>	
	5:30 PM <b>Brian Misko: House of Q</b> Author & BBQ Specialist With Johnston's Pork			
	6:30 PM <b>GF</b> <b>Bob Blumer, Gastronom</b> Host of Food Networks Glutton For Punishment			
	7:30 PM <b>Chef Hidekazu Tojo</b> How to make a Golden Roll Owner & Chef: Tojo's Restaurant			
8:15 PM <b>GF</b> <b>Chef Thompson Tran</b> Nuoc Cham & benefits of Fermented Foods Owner & Chef: The Wooden Boat				
<b>SATURDAY</b>	10:30 AM <b>Nicole Mackie: Chef, Salty Fig Catering Co</b> Springtime Brunch Born 3 Eggs & BC Pork	11:00 AM – 1:00 PM <b>Peoples Choice Sausage Tasting</b>	11:00 AM <b>GF</b> <b>Peoples Choice Tasting Begins</b>	
	11:30 AM <b>GF</b> <b>Chef Thompson Tran</b> Nuoc Cham & benefits of Fermented Foods Owner & Chef: The Wooden Boat	2:00 PM <b>Beer &amp; Food Pairings That Work</b> Presented by Just Here For the Beer.com Rick Mohabir	NOON <b>GF</b> <b>Chef Hidekazu Tojo</b> Master Carver <b>Chef &amp; Owner of Tojo's Restaurant</b>	
	12:30 PM <b>Brian Misko: House of Q</b> Author & BBQ Specialist With Johnston's Pork	3:00 PM <b>Perfect Pairings: Wine &amp; Sausage</b> www.BetweenTheVines.ca Presented by Kathleen Rake	1:00 PM <b>GF</b> <b>Viktor Kozak, Sausage Maker</b> The Art of Sausage Making <b>Sedo's Old Fashioned Butcher &amp; Deli</b>	
	1:30 PM <b>Chef Dez, Culinary Host &amp; Columnist</b> Author of Cook Topless Chef Dez Culinary Tours <a href="http://chefdez.com">chefdez.com</a>	4:00 PM <b>Cider: An Intro to the creation of cider</b> Presented by Just Here For the Beer.com Rick Mohabir	2:00 PM <b>GF</b> <b>Chef Hidekazu Tojo</b> Master Carver <b>Chef &amp; Owner of Tojo's Restaurant</b>	
	2:30 PM <b>GF</b> <b>Bob Blumer, Gastronom</b> Host of Food Networks Glutton For Punishment	5:00 PM <b>Sniff, Swirl, Sip: How to Taste Wine Like a Pro</b> www.BetweenTheVines.ca Presented by Kathleen Rake	2:45 PM <b>GF</b> <b>Awards Presentation</b> Hosted by Geraldine Austin of BC Pork <b>Passion for Pork</b>	
	3:30 PM <b>Chef Hidekazu Tojo</b> Northern Light Roll & Chicken Teriyaki Owner & Chef: Tojo's Restaurant		4:15 PM <b>GF</b> <b>Lettuce Wrap You Up Some BC Pork</b> Creating Stars from Lesser known cuts <b>Chef Thompson Tran: The Wooden Boat</b>	
	4:15 PM <b>GF</b> <b>Theresa Nicassio, PhD</b> Inclusive Chef & Author of YUM Plant Based Recipes for a Gluten Free Diet			
	5:15 PM <b>GF</b> <b>Chefs Hamid Salimian</b> Fresh Pasta with Pork Shoulder Chorizo Nextjen Gluten Free			
<b>SUNDAY</b>	11:30 AM <b>Nicole Mackie: Chef, Salty Fig Catering Co</b> Inspiration for your Mothers Day Brunch Born 3 Eggs & BC Pork			NOON <b>Beer &amp; Food Pairings That Work</b> Presented by Just Here For the Beer.com Rick Mohabir
	12:30 PM <b>GF</b> <b>Theresa Nicassio, PhD</b> Inclusive Chef & Author of YUM Plant Based Recipes For a Gluten Free Life	1:00 PM <b>Sniff, Swirl, Sip: How to Taste Wine Like a Pro</b> www.BetweenTheVines.ca Presented by Kathleen Rake		1:15 PM <b>GF</b> <b>Butchery 101</b> With Roman Sanchez & Bonnie Windsor <b>Johnstons Pork</b>
	1:30 PM <b>Brian Misko: House of Q</b> Author & BBQ Specialist With Johnston's Pork	2:00 PM <b>The Art of Cocktail Making</b> Presented by Lauren Mote & Jonathan Chovancek <b>Bittered Sling.com</b>	2:15 PM <b>GF</b> <b>Dale Herbert, Master Butcher</b> Pork Belly, Spare Ribs, Crown Roast & Porchetta <b>Davis Meats</b>	
	2:30 PM <b>GF</b> <b>Chef Jen Peters</b> Fried Chicken with Spicy Maple Bacon Jam Nextjen Gluten Free	3:00 PM <b>Belgian Beers: An Exploration of the Belgian Style</b> Presented by Just Here For the Beer.com Rick Mohabir	3:15 PM <b>GF</b> <b>Viktor Kozak, Sausage Maker</b> The Art of Sausage Making <b>Sedo's Old Fashioned Butcher &amp; Deli</b>	
	3:15 PM <b>GF</b> <b>Theresa Nicassio, PhD</b> Inclusive Chef & Author of YUM Plant Based Recipes For a Gluten Free Life	4:00 PM <b>BC vs. the World</b> www.BetweenTheVines.ca Presented by Kathleen Rake	4:15 PM <b>GF</b> <b>Lettuce Wrap You Up Some BC Pork</b> Creating Stars from Lesser known cuts <b>Chef Thompson Tran: The Wooden Boat</b>	

**GF** Gluten-Free



# EDIBLE GARDEN SCHOOL

## Friday, April 1st

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### 3:15 PM

Do you want a picture perfect vegetable garden with almost no weeds? Let Seeding Square's Jennifer Pratt show you how!"

### 4:15 PM

Marie Bregg, The Jar Girl, will narrate the history of Canning Jars and demonstrate how to select the correct jar for preserving the bounty of your Edible Garden. The Jar Girl will review techniques to properly prepare your jars... [www.thejargirl.com](http://www.thejargirl.com)

### 5:15 PM

Vertical Farming: The Future of Gardening and Agriculture Living Garden Foods, Cole Cedar will show you how to plan and maintain your space saving crops?

### 7:00 PM

In the honey bee world... where do they live, who actually lives there, and what do they do all day? Judy & Mike Campbell of Campbell's Gold Honey Farm share from their experience.

### 7:30 PM

New Nutritional Food Plants and Innovative Ways of Growing Them brought to you by Master Gardener, Brian Minter; Minter Country Garden Store

## Saturday, April 2nd

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### 11:15 AM

Vertical Farming: The Future of Gardening and Agriculture Living Garden Foods, Cole Cedar will show you how to plan and maintain your space saving crops?

### 12:15 PM

Theresa Nicassio, PhD, Inclusive Chef & Author of YUM Plant Based Recipes For a Gluten Free Life  
Bringing your garden to your plate: Nori Rice Wraps

## Saturday continued...

### 1:00 PM

In the honey bee world... where do they live, who actually lives there, and what do they do all day? Judy & Mike Campbell of Campbell's Gold Honey Farm share from their experience.

### 4:00 PM

Have you ever wondered how honey bees communicate and find their food? Judy & Mike Campbell of Campbell's Gold Honey Farm will show you how.

### 5:00 PM

Do you want a picture perfect vegetable garden with almost no weeds? Let Seeding Square's Jennifer Pratt show you how!"

## Sunday, April 3rd

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### 12:15 PM

Vertical Farming: The Future of Gardening and Agriculture Living Garden Foods, Cole Cedar will show you how to plan and maintain your space saving crops?

### 1:00 PM

In the honey bee world... where do they live, who actually lives there, and what do they do all day? Judy & Mike Campbell of Campbell's Gold Honey Farm share from their experience.

### 3:15 PM

Do you want a picture perfect vegetable garden with almost no weeds? Let Seeding Square's Jennifer Pratt show you how!"

### 4:00 PM

Have you ever wondered how honey bees communicate and find their food? Judy & Mike Campbell of Campbell's Gold Honey Farm will show you how.