

2017 Greenfield Winter Fare Activities Schedule:

10:30-11:30am: How to Grow Tasty, Nutritious Microgreens

Presenter: Bryce Comprone of Wild For Greens

Learn how to grow microgreens in soil all year long! Bryce will demonstrate with pea shoots, and you will learn how to adapt the techniques to any other microgreen variety and for any space.

All day (10am-1pm): Cooking Demo and Tastings with Seasonal Fare

Presenters: Tonianne Paquette of FoodLove!

Stop by the Food Love! table to sample creative, tasty, seasonal dishes, and take home recipes and cooking tips from chef Tonianne Paquette.

All day (10am-1pm): Herbal Medicine Consultations

Presenters: Emma Donnelly and Gerald Clark of Blue Dragon Apothecary

Herbalists Emma and Gerald will be available throughout the market for brief consultations on how to use herbs for acute or chronic conditions, with a focus on the benefits of using local herbal medicine for common ailments such as joint and muscle pain, digestive issues, colds and flus, and overall wellbeing.

All day (10am-1pm): Upcycle your T-shirts!

Presenter: Jess Rigollaud

Bring life back to an unused t-shirt! Drop in anytime, and Jess Rigollaud will show you how to re-shape a t-shirt or make it into something new. Come to the market with an old shirt, and leave with a bag, scarf, skirt, pillow, or other creation. Bring fabric scissors and your own shirt; there will be a limited amount of supplies provided otherwise.

All Day (10am-1pm): Upcycling for Kids

Presenter: Center for EcoTechnology (CET)

Stop by the Center for EcoTechnology table and find out about the many ways you can Go Green this year. We'll also have a fun upcycling craft and kid powered electricity generator!

All Day (10am-1pm): Story Time with the Greenfield Public Library

Presenter: Kay Lyons of the Greenfield Public Library

Calling all kids! Stop by the school library for story time and to explore food and farm-themed books.

1-1:30pm: Valley Food Swap

Calling all gardeners, canners, bakers, fermenters, and food-makers! Bring your best jams, pickles, ferments, syrups, dried fruits and herbs, frozen soups, and whatever other delicious fruits of this season's labor you've still got at home, and swap with fellow kitchen enthusiasts for something new to you!

Music: Pat & Tex

Pat & Tex LaMountain have been writing and singing together since 1975. They have been singing, writing, performing and harmonizing together for almost 40 years. Writers of dozens of songs, they have developed a diverse collection of material that includes American standards, swing tunes, folk, rock, jazz, bluegrass, gospel and country. Their music has been described as "upbeat and rhythmic, inspirational and sensitive...catchy...with Pat & Tex there's heart and soul." Their songs are a vibrant blend of melody, message and harmony, with Pat's crystal clear vocals and Tex's tenor voice and unique flat and finger picking styles at the forefront.

SNAP & Save

All winter long, CISA's SNAP & Save program is doubling SNAP! Swipe your EBT card at the market manager's table, and we'll match what you spend, up to \$10 every week. That means that if you swipe your EBT card for \$10, you'll get \$20 worth of tokens to spend on fresh fruits and vegetables!