



# 11TH ANNUAL LOCAL FOOD CONFERENCE

# GROWING ROOTS

## FOR HEALTHY COMMUNITIES



### SCHEDULE

#### FRIDAY

10am-5pm

Exhibitors, Speakers, & Demos

5-8pm

Friday Night Food Tasting  
*registration sold separately*

#### SATURDAY

10am-5pm

Exhibitors, Speakers, & Demos

4-6pm

Farm to Flask Mixology Tasting  
*registration sold separately*

### REGISTER ONLINE

[FARMTOTABLEPA.COM](http://FARMTOTABLEPA.COM)

Complimentary Registration for 2 people is included. You must have a valid email address to register.

Use Promo Code:  
**EATLOCALWIC**

**DATE:** MARCH 24-25, 2017

**TIME:** 10AM-5PM EACH DAY

**PLACE:** DAVID L. LAWRENCE CONVENTION CENTER  
DOWNTOWN, CLOSE TO SMALLMAN ST. IN THE STRIP DISTRICT  
1000 FORT DUQUESNE BLVD, PITTSBURGH, PA 15222

**Free Registration For WIC Recipients**  
Kids 12 + Under are Free

**150+ LOCAL FOOD EXHIBITORS**

**COOKING DEMONSTRATIONS**

**EXPERT PRESENTATIONS**

**MIND-BODY CONNECTION**

### THE THEME: GROWING ROOTS FOR HEALTHY COMMUNITIES

Interact with expert speakers, cooking demos, and discuss the diversity of traditional farming, food & cooking methods from around the world. We're also including various American cooking traditions that have evolved in our great melting pot.

You'll learn about the flavors, cooking styles, fresh ingredients and preservation methods that all contribute to our health and family connections.

**Learn more on [FarmToTablePA.com](http://FarmToTablePA.com)**