

Cross Town Kitchens, Matchbox Garden and Seed Co. and The Local Cafe present

# FARMSTART FEAST

IN SUPPORT OF McVEAN FARM



FIVE KITCHENS COME TOGETHER TO GIVE

**ENJOY FOOD ON THE FARM, FROM THE FARM**

IN SUPPORT OF FARMSTART AND THE YOUNG FARMERS AT McVEAN WHO HAVE  
A PASSION TO BRING GOOD LOCAL FOOD TO YOU

**October 5th 2008: 3pm - 7pm**

**COST: \$75 (INCLUDES TWO DRINK TICKETS AND SHUTTLE)**

## HOW TO GET TICKETS:

Tickets will be available to purchase at the members of Cross Town Kitchens (Marben, C5, Torito, Perigee, Amuse-Bouche) and at The Matchbox Garden and Seed Co. booth at The Trinity Bellwoods Farmers Market Tuesday 3-7pm.

Only 175 tickets are available so purchase early.

For more information see reverse or visit: [www.matchboxgarden.ca](http://www.matchboxgarden.ca)

McVean Farm is located: 1Km North of Hwy 7 on McVean Drive (West Side), Brampton, Ontario

**FARMING IS HARD. MAKE IT EASIER FOR A NEW GENERATION OF FARMERS.**

**2008**

The future of food rests squarely on our shoulders and is impacted solely by the choices we make in how we feed ourselves. There is no time to waste as **young farmers need our support** to continue the good work they are doing to ensure that we have local, sustainable 'clean' food in our communities. Join us at the farm to **raise much needed funds** for Farmstart's Brampton property McVean Farm.

Get to know the farmers working this land and learn about the different methods each farmer uses as they nurture seeds into bountiful tables of vegetables. Most importantly, **Enjoy a wonderful meal featuring local Ontario harvest prepared on site by Cross Town Kitchens (Marben, C5, Torito, Perigee, Amuse-Bouche)**, perfectly complimented by local wine makers and breweries.

**Through Farmstart**, a not-for-profit organization, programs such as *New Farmers Incubator Program* and *New Canadians, New Farmers* allow access to farmland, equipment, and related workshops. With these programs, **new farmers have the opportunity to make their dream of farming a reality.**

**Contact:** [adrian@matchboxgarden.ca](mailto:adrian@matchboxgarden.ca) or 416-873-0479 with ticket questions or visit [www.matchboxgarden.ca](http://www.matchboxgarden.ca). Event is rain or shine. **Competition for best decorated rubber boots!**

**Participating Producers and Supporters:** Matchbox Garden and Seed Co., BeetStreet CSA, The Cutting Veg, African Food Basket, Remy Martin, Underground Organics, The Local Cafe, The Stoddart Family Farm.

**Performances by:** Rob Sills, Hank McKeown and friends.

**Special Thanks To:**

