

Buy Local, Eat Healthy Seminar
Saturday, January 10, 2009
Crowne Plaza and Convention Center, Springfield, IL

There has been a growing interest among farmers, consumers, and grocery chains to promote the growing and marketing of local foods. Join us for a local foods program on Saturday, January 10. The program will have the consumer as its focus with an opportunity to see food demonstrations using fresh produce, Illinois wines and more.

Agenda:

8:00-11:30 a.m. Registration Open

8:00-9:00 a.m. Trade Show Open
You will enjoy meeting local produce growers.

9:00 a.m. Welcome

9:05 a.m. Using Apple Varieties Grown In Illinois To The Max!
Robert Skirvin, Fruit Specialist, University of Illinois
Learn about the difference in the tastes and textures and the proper uses of Illinois-grown apple varieties including tasting Illinois-grown apples.

9:30a.m. Gourmet Cooking With Fresh, Locally-Grown Produce!
Chef Michael McGreal, Chairman of the Culinary Arts Department - Joliet Jr. College, Joliet, Illinois, is back by popular demand to demonstrate gourmet cuisine with the use of fresh, locally-grown vegetables, fruits and herbs including samples and recipes!

11:15 a.m.-12:45 p.m. Lunch
Let the Crown Plaza staff toss your chef salad with fresh vegetables, fruits and herbs! Lunch includes Illinois "grown" desserts! Fun door prizes!

11:15 a.m.-1:15 p.m. Trade Show Open
An opportunity to buy unique fresh Illinois-grown produce, Illinois wine and more!

1:00-1:45 p.m. The Joy of Cooking With Edible Flowers!
Carol Schlitt, Food and Nutrition Specialist, University of Illinois Extension will demonstrate the fun of cooking with edible flowers.

2:00- 3:15 p.m. Pairing Wines With Food For Your Ultimate Dining Pleasure!
This presentation, by Dan and Cris Willet, Willet's Winery and Cellar, Manito, Illinois, demonstrates pairing wines with a wide variety of foods including wine sampling.

Buy Local, Eat Healthy Pre-Registration Form
Saturday, January 10, 2009
Crowne Plaza Hotel & Convention Center, Springfield, Illinois

Please type or print clearly:

Name(s) _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Registration fee (includes lunch)
_____ Number attending @ \$45/person = \$ _____

Please make check payable to: *Illinois Specialty Crop Conference*

Mail to:

Attn: Diane Handley
Illinois Specialty Growers Association
1701 Towanda Avenue
Bloomington, IL 61701

Should you have any questions, please call Diane at 309-557-2107 or e-mail handley@ifb.org.

Pre-registration is closed. You may register on site at the Crowne Plaza between 8:00-9:00 a.m. on Saturday, January 12. Or, you may bring the completed registration form below to expedite check-in.

It would be appreciated if you would leave a message at 309-557-2107 or e-mail handley@ilfb.org and provide the name(s) of those attending so that we may include you in the lunch count. Thank you.

Should you have any questions, please leave a message at 309-557-2107 and someone will return your call. Or, you may e-mail handley@ilfb.org.

CREDIT CARD PAYMENT

Cardholder name: _____
Mailing address _____
City, State, Zip _____
(as it appears on statement): _____
Telephone Number: _____
Event/Function: Buy Local, Eat Healthy Seminar
Location of Event/Function: Crowne Plaza Hotel & Convention Center, Springfield, IL
Date of Event or Function: January 12, 2008
Total Amount of Transaction: _____
Date of Transaction: _____
Type of Card: MasterCard VISA Discover
Account Number: _____
Expiration Date: Month: _____ Year: _____
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