

Left Coast Events - Victoria & Islands - Dec 3 07

Posted by

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1. Organic Food Markets this week
2. Help Plan Victoria's Future - to December 21st
3. Share the Warmth Coat Drive - Nov 28-Dec 12th
4. Extreme Weather Protocol is In Action Nov. 26-2007
5. Get involved with the anti-war movement: COAC Meeting Dec 3rd
6. RADIO EVENTS: Dahr Jamail and Salt Spring appearance - Dec 3-9th
7. BREAK'IN ICE Radio presents George Sranko of Wise Democracy - Tuesday
8. Greater Victoria Water Watch Coalition Meeting - Dec 6th
9. Anti-racism & Diversity Youth Workshop: Religion & Spirituality - Dec 6th
10. Rally to Protect Goldstream and Stop Bear Mountain Interchange! DECEMBER 8
11. Spirituality, Hope and the Future of Our Planet - Dec 8th
12. Rob's Annual Holiday Open House - Dec 10th
13. Awareness Film Night December 12
14. Celtic Solstice - Dec 21st

1. Organic Food Markets this week

THIS IS THE LAST WEEK OF MARKETS FOR 2007. WE'LL REOPEN IN YOUR FAVOURITE LOCATION THE WEEK OF JANUARY 7, 2008.

All of us at FoodRoots wish you a happy holiday season. Thanks for your support this year. We look forward to seeing you in 2008.

This week, we have loads of organic, local and regional veggies: leeks; beets; red, green and yellow peppers; carrots; onions; potatoes; sunchokes. Stock up on our fabulous squashes - just wash and throw them into the oven to bake - can't go wrong. We still have lots of beautiful BC apples, perfect to use in many ways: fresh, stewed, baked, in cakes, crisps, pies, turnovers, muffins, tarts - you get the idea.

Where can you find all this wonderful organic produce? At the Pocket Markets, of course!!!