



What shall we eat tonight?



Fancy eating more local food but don't know what to cook?

Come along to our

Asian cookery demo

by Marie Faulke

local ingredients - enjoy the meal afterwards

Tuesday 18th May - 7.30pm
North Kessock Village Hall

**Places limited so book early - tel 01463 731303 or
email food@transitionblackisle.org
£5 per head - apple juice, tea and coffee provided
bring a bottle too if you wish!**



It's our future



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