



“Taking Stock” Workshop

Learn How to Make:
Affordable, Fresh
Homemade GRANOLA & PIZZA Dough
HANDS-ON workshop followed by Supper

A Novato Live Well Network
“Locavores of Novato” Event

Date: Monday, March 23, 2009
Time: 6:30-9:00 PM
Location: Heidi Kertel’s Home (415-893-9251)
409 Tamarack, Novato, CA 95845

MAKE:

- ✦ **Granola:** Learn about the ingredients, where to purchase locally, how to customize to your tastes, how to make it in bulk, best storing containers.
- ✦ **Pizza Dough:** Learn about the ingredients, the rising, the kneading, the topping, the baking, the tasting and enjoying — all at your finger tips!

YOU GET:

- ✦ **To Celebrate:** At the end of the evening you will enjoy the “fruits of your labor” by getting out of the kitchen into the dining room with your new kitchen comrades to feast on the home-made pizza, a lovely salad, and a granola dessert!
- ✦ **To Take Home:** a container of granola, along with copies of the recipes.

COST:

- ✦ **\$12.00 PER PERSON:** Limited space! Reservations Required!

ABOUT THE INSTRUCTOR: Heidi Kertel is a former caterer and today works as a kitchen designer. She has been cooking with whole foods for over 30 years. Her passion now is to pass on this delicious and vital knowledge to all who want to learn through her business, "Full Circle, The Sustainable Kitchen" where she teaches not only personalized cooking classes, but also teaches how to shop for healthy affordable food with the "sustainable conscious" to avoid filling up the landfills with unnecessary packaging. Heidi also is an avid organic gardener and is the “Locavores of Novato” Coordinator for Novato Live Well Network. To learn more go to www.NovatoLiveWell.org.

Call or email to make your reservations then fill out this form and mail it to us! To reserve your spot Contact Heidi: 415-893-9251 or Heidi.fullcircle@gmail.com, or Veronica 415-897-2302.

NAME: _____
PHONE: _____
EMAIL: _____
ADDRESS: _____

Make Check for \$12 payable to: “Novato Live Well Network”
Mail to: Novato Live Well Network, PO Box 1647 Novato CA 94948-1647

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