

**100<sup>km</sup> KITCHEN PARTY**



*A Conference for Farmers  
and Future Farmers*

*Topics Featured:*

- \* So you want to be a Farmer?*
- \* Catching more of the food dollar by going local*
- \* Is Growing Organic for you?*
- \* A third generation family farm transistions  
from a "Price Taker to a Price Setter"*
- \* Picking Winners and Losers  
in herb and essential oil crops.*
- \* Co-operative Marketing success*
- \* Regulations on selling into local Markets*

**February 17, 2010**

For more information  
and to register, visit the site  
[www.brazeaukitchenparty.ca](http://www.brazeaukitchenparty.ca)

**Cost \$ 25.00**  
**Includes buffet**  
**breakfast and lunch**

*Registration Forms also available  
at the Brazeau County Office*