

ASK THE EXPERT



11 am, Friday, July 30th, 2010

At the Osterville Farmers Market

Held at the Osterville Historical Society



Chef Martha Stone is the owner of award-winning Martha's Stone Soup in Plymouth, MA.

Martha will talk about the importance and benefits of using **local organic products** in cooking. She also will help you **identify** the different produce that you find at Farmer's Markets and how you can incorporate them into your daily diet. Finally, she will be discussing methods on how to **extend the growing season** and how to preserve food for the winter season.



Visit Martha at:

www.marthasstonesoup.com

Visit the Market at:

www.OstervilleFarmersMarket.org