

HARVEST BITES & HONEY FLIGHTS

MEDIA KIT



DESIGN / ART EDUCATION / ΔGROECOLOGY
WWW.SANKARAFARM.COM/ΔGROART





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ABOUT

A Community Harvest Celebration featuring locally produced herbs and honey prepared with healthy deliciousness

AFFILIATIONS



EVENT FLYER + SAMPLE MENU

The Missouri Office of Minority Health MO Hives KC Sankara Farm

@ MO Hives KC Apiary **September 25th** 5030 Wabash Ave. KCMO 5p.m. - 7p.m.

HARVEST BITES & HONEY FLIGHTS

A free Community Harvest Celebration featuring local produce, herbs and honey prepared with healthy deliciousness







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A Community Harvest Celebration featuring locally produced herbs and honey prepared with healthy deliciousness

We will feature three 'Honey Flights' of raw local honey from area beekeepers



Check out our Cooking Demonstration featuring recipes and book readings from *Farming While Black, 2018* by Leah Penniman

SALAD BITES

HEIRLOOM TOMATO, FRESH BASIL, CUCUMBER
Prepared with local produce from Sankara Farm, Ivanhoe Community Garden and FarmsbyAmber

APPETIZER SAMPLES

PURPLE HULL PEA FRITTERS
Prepared with local produce from Sankara Farm, Ivanhoe Community Garden and FarmsbyAmber
Vegan, Gluten Free

FRIED CAULIFLOWER AND OKRA
Battered in gluten free flour and pan-fried in coconut oil
Vegan, Gluten Free

FISH NIBBLES

FRIED FISH
Taste locally raised fish produced in an aquaponic system.

SWEET TREATS

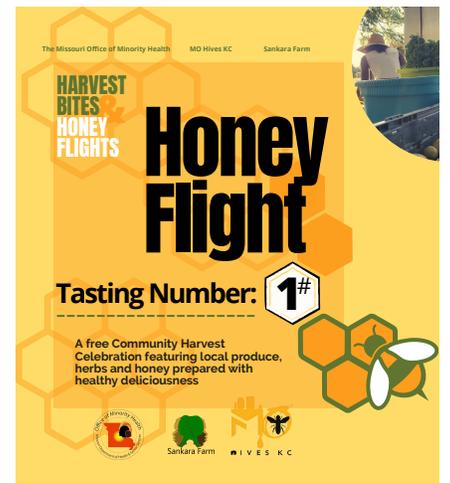
APPLE CRUMBLE
Local apples with crumble crust drizzled with honey
Vegan Gluten Free option available








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RECIPE CARDS



T-SHIRT

