



HARVEST BITES & HONEY FLIGHTS

MEDIA KIT



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





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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

HARVEST BITES & HONEY FLIGHTS

@ MO Hives KC Apiary 5030 Wabash Ave. KCMO

September 25th
5p.m. - 7p.m.

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

Office of Minority Health
Missouri Department of Health & Senior Services

MO HIVES KC

Sankara Farm

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

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 flower 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

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

FARMING WHILE BLACK
Leah Penniman

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RECIPE CARDS



T-SHIRT

