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Budget cooking at farmers' market

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THE latest Morpeth Farmers' Market on Saturday will give people top tips for making mouthwatering meals on a budget.

David Malone from Real Food Works will be back demonstrating how to cook healthy, low cost and quick dinners from ingredients available on the market.

There is a competition called 'Know your Herbs and Spices' to see if people can identify the herbs and spices used in various foodstuffs sold on the market and a prize draw for all those who bring the entry form printed in last week's 'Herald'.

The event will take place in Morpeth Market Place from 9am to 2.30pm.

Page 1 of 1

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