# Morpeth Derald jobs today property today motors today

Site 
Web

### Search

Monday, 8th March 2010

# **Budget cooking at farmers' market**

Published Date: 04 March 2010

By ANDREW COULSON

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

- Last Updated: 04 March 2010 11:28 AM
- Source: Morpeth Herald
- Location: Morpeth

## 1 Tip for a Flat Belly :

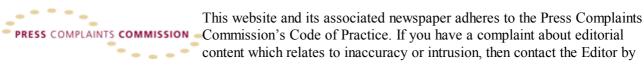
Cut down 3 lbs Belly Fat every week just by using this 1 Weird Old Tip. www.TheDietSolutionProgram.com

#### Kitchen Equipment UK

Heavy duty equipment for school kitchens. 1000s of leading products www.chillerbox.com

#### Meat Cooking Classes

A Fabulous Cooking Experience With Professional Chefs! Book Online Now www.AtelierDesChefs.co.uk/Meat



1 of 2

clicking here.

If you remain dissatisfied with the response provided then you can contact the PCC by clicking here.