




# Tara Natural Foods has Turned 50!

Join us for 6 weeks of Celebration Events

Saturday September 23 to Friday November 3!



Each Week New 50th Anniversary Specials!




Every Saturday meet the Suppliers of Some of Your Favourite Products and Try some Samples

Every Saturday Live Music from 11:30 to 2:30

Every Friday a Draw for 50th Anniversary T-shirts, Bags or Hats

Every Friday a Draw for a Gift Basket from a Featured Supplier

Check out our new window display every week



Saturday September 23 Promenade Weekend	<p><b>Meet our Suppliers! Sample some Products!</b></p> <p><b>Cocoa Camino:</b> Hear how Camino’s parent company, La Siembra Co-operative (based in Ottawa-Gatineau) is working with 25 producer co-ops, supporting more than 47,500 small farmers in 14 countries to bring you fair trade organic products. You’ll get to taste their environmentally conscious and delicious Chocolate!</p> <p><b>Nature’s Reality:</b> locally owned, all natural therapeutic skin products.</p> <p><b>Nosh Bagels:</b> locally owned and operated.</p> <p><b>Music!</b> Spencer Evans will be playing 11:30-2:30</p>
Week of Saturday Sept 23 - Fri Sept 29	<p><b>Specials:</b> Cocoa Camino products.</p> <p><b>Draw:</b> Friday Sept 29 for Cocoa Camino Gift basket and 2 Tara 50th Anniversary Items.</p>
Saturday September 30	<p><b>Meet our Suppliers! Sample some Products!</b></p> <p><b>Patchwork Gardens:</b> Ian Stutt, one of the owners of Patchwork Gardens and our local supplier of organic vegetables since 2007, will be here to talk about the garden and sell seed garlic. Ian will only be able to stay until 1:00 so make sure you get in early to meet him.</p> <p><b>Forage Hyper Foods:</b> Have a chat with our local mushroom supplier about their mushrooms grown here just outside of Kingston.</p> <p><b>Music!</b> Irwin Streight and guests will be playing 11:30-2:30</p>
Thursday Oct 5	<p><b>Natural Factors:</b> Joanne MacDonald will be here to talk about their organic supplements grown pesticide free (even no organic pesticides). Come and sample Whole Earth and Sea - Organic Protein and Greens with 21 grams of quality plant protein in every serving.</p>
Week of Saturday Sept 30 - Fri Oct 6	<p><b>Specials:</b> Natural Factor products.</p> <p><b>Draw:</b> Friday Oct. 6 for Natural Factors Gift Basket and 2 Tara 50th Anniversary Items.</p>
Saturday October 7	<p><b>Meet our Suppliers! Sample some Products!</b></p> <p><b>Stephano’s Granola:</b> Stephano’s has been supplying our granolas since 1974. If you haven’t ever tried some, now is the time!</p> <p><b>rND Bakery:</b> Local gluten free bakery. Sample their delicious gluten-free bread.</p> <p><b>Annie’s:</b> Organic products for kids and the child within us all. Organic Crackers, Cookies and Gummies to try.</p> <p><b>Music!</b> Frost and Mercer will be playing 11:30-2:30</p>
Week of Saturday Oct 7 - Fri Oct 13	<p><b>Specials:</b> Stephano’s Granola and Annie’s Macaroni and Cheese products.</p> <p><b>Draw:</b> Friday Oct. 13 for Annie’s &amp; Stephano’s Gift Basket and 2 Tara 50th Anniversary Items. It might be your lucky day!</p>
Saturday October 14	<p><b>Meet our Suppliers! Sample some Products!</b></p> <p><b>Nature Clean:</b> Since 1963 Nature Clean has been providing you with environmentally friendly cleaning products.</p> <p><b>County Roaster coffee:</b> Meet Brad Lynd, Tara’s coffee supplier, and hear how your coffee is sourced while enjoying the taste of coffee.</p> <p><b>Music!</b> Irwin Streight and guests will be playing 11:30-2:30</p>
Week of Saturday Oct 14 - Fri Oct 20	<p><b>Specials:</b> Nature Clean products.</p> <p><b>Draw:</b> Friday Oct. 20 for Nature Clean Gift Basket and 2 Tara 50th Anniversary Items.</p>
Saturday October 21	<p><b>Meet our Suppliers! Sample some Products!</b></p> <p><b>Black River Juice:</b> Over 50 years ago Black River Juice started in Prince Edward County, making apple cider from local apples. Now based out of Missasauga, they have an enticing array of juices. Come by and try some!</p> <p><b>Spartan Rolling Hills Olive Oil:</b> Be sure to drop by and meet Nick Tzaras, our olive grove to table producer of olive oil and olives. He divides his time between Kingston and his olive grove in Kalamata Greece where he returns to regularly to help harvest and process the olives for his olive oil.</p> <p><b>Music!</b> Alison Robertson and Andrina Cockerham - classical music duet with a bit of jazz will be playing 11:30-2:30</p>
Week of Saturday Oct 21 - Fri Oct 27	<p><b>Specials:</b> Black River Juice &amp; Spartan Rolling Hills products.</p> <p><b>Draw:</b> Friday Oct. 27 for a Black River Juice Gift Basket and 2 Tara 50th Anniversary Items.</p>
Saturday October 28	<p><b>Meet our Suppliers! Sample some Products!</b></p> <p><b>Nuts to You Nut Butters:</b> Tara is practically synonymous with “peanut butter”, so come on down and see where it has been coming from!</p> <p><b>Music!</b> Spencer Evans returns with tunes for kids and adults and will be playing 11:30-2:30</p> <p><b>Family Day!</b> Rudi’s whole family will be visiting him at the store (including all 4 grandkids) so drop by and say "Hi". Free Gummi Bears for kids!</p>
Week of Saturday Oct 28 - Fri Nov 3	<p><b>Specials:</b> Nuts to You Nut Butters products.</p> <p><b>Draw:</b> Friday Nov 3 for Nuts to You Nut Butters Gift Basket and 2 Tara 50th Anniversary Items.</p>