

RESTON FARMERS MARKET **COOKING DEMO** *with Chef Cheryl*



Chef Cheryl Beckwith
Dining Services Director, Tall Oaks



Valentine's
Bakery & Meats

**A SPECIAL COLLABORATION WITH
VALENTINE'S BAKERY & MEATS.**

Saturday, September 21 • 8 AM to Noon

Join us at Reston Farmers Market (Lake Anne Village Center, 1609 Washington Plaza W.) where Chef Cheryl will be presenting a live cooking demonstration highlighting fresh produce from **Valentine's Bakery & Meats**, a local family farm whose passion has always been to produce the healthiest, highest quality and best tasting beef, lamb, pork, chicken and veal. Cheryl will also be incorporating Valentine's Bakery & Meats produce into her healthy menu for Tall Oaks residents the following week!

For more information about our booth at the market and our delicious, healthy dining options for seniors at Tall Oaks, contact Leslye Lawson.

703-834-9800 or llawson@talloaksal.com



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