



## MEDIA RELEASE

For Immediate Release: September 17, 2009

# PERTH TRUST ORGANIC FESTIVAL

The Organic Federation of Australia (OFA) is joining with the Organic Growers of Western Australia (OGWA) to present the TRUST ORGANIC FESTIVAL, on SUNDAY 11th of October.

The OFA, the peak body for organic agriculture in Australia, has declared 'October is Organic Month' and to celebrate they are hosting Trust Organic, a fortnight of awareness and activities around Australia. The aim is to raise awareness about the benefits of organic produce and production, while also helping people learn how to tell if something really is organic.

The OFA and OGWA invite people to come and see what organic/bio-dynamic is all about at the Trust Organic Festival:

### City Farm and Central Tafe Grounds

**1 City Farm Place (off Lime St, off Royal St), East Perth**

**10am - 4pm Sunday 11th October**

The festival will include:

- STALLS
- PANEL DISCUSSIONS:
  - Grass Fed Meat and Eggs: Why is it better, where to get it and how to cook it.
  - Trust Organic: Why is organic /bio-dynamic so important, how can you trust that what you are getting is organic and where to get it.
- COOKING DEMONSTRATION with Jude Blereau:
  - Yes, you can afford organic food - reducing your food costs with seasonal organic food
- THE GREEN SMOOTHIE with Karen Bartz
- Wine Tastings
- GARDEN DEMONSTRATION with Thom Scott (City Farm)
- Grow Your Own Produce
- Children can Learn about worm gardening and plant a seed to take home

There will also be delicious organic foods to buy and eat (including vegan, vegetarian and meat). A large number of farmers and producers celebrating the spring harvest with stalls selling produce, soil, seeds and seedlings.

**Trust Organic Festival is proudly sponsored by City Farm.**

**-ENDS-**

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