

Heartland Quality Foods  
Invites You to a 100 Mile Diet  
Strawberry "Tea"

Wednesday, June 24<sup>th</sup>, 3:30 – 6:00 p.m.

at

709 Tagish Street  
(behind the Kawasaki/Arctic Cat dealer)

Join us and sample fresh, local strawberries




from

Golden Ears Farm in Chase

Pick up strawberry recipes and sample:



- \* Strawberry Spinach Salad \*
- \* Strawberries and Cream or Yogurt on Spelt  
Blinis \*
- \* Strawberry Sambuca Sorbet \* 
- \* Strawberry Lemonade \*

