

**January 15, 2019**  
Tuesday

**9:15 AM - 10:10 AM**

**BFRN--What to see at the show -- Demonstration Stage**

We hope you join members of [Maine's Beginning Farmer Resource Network](#) to start your day. Bring your questions to help you get the most from the show!

Tue: Beginning Farmer Training Opportunities

Wed: Tools for Communicating On & Off the Farm

Thu: Finding Your Farm's Weakest Link

**10:15 AM - 11:00 AM**

**Fiber Hand-Spinning Demonstration -- Demo Stage**

Ann Wishart and Patti Ross demonstrate the craft of hand-spinning fiber. Watch as they use tools and techniques to transform raw materials—such as fleece, wool, and other fibers—into a continuous thread that can be used for other fiber products.

**11:00 AM - 11:30 AM**

**Growing Maine Video Series: Hear from the farmers themselves -- Demonstration stage**

[Growing Maine](#) is a video storytelling series about farmers and food producers. These features will be available to watch at the demo stage throughout the show.

Hear the stories from the farmers themselves. Watch these short videos to learn more about:

- Family farms and how they start
- How Maine family farms and food producers make decisions
- What's really important to help a family farm business succeed
- "How do they do that?" Behind the scenes of local food production.

**11:30 AM - 12:30 PM**

**Harvest Hour Cooking Demonstration: Pick and Prepare Your Farmshare! -- Demonstration stage**

You don't want to miss the [Maine Senior FarmShare](#) and [Maine SNAP-Ed](#) hosting a live demonstration on the Demo Stage for Harvest Hour "Pick & Prepare Your Farmshare". Learn proper cleaning of produce, cooking & more!

## January 15, 2019 Continued

### Tuesday

1:00 PM - 2:00 PM

Maine Calling Live Broadcast -- Demo Stage

2:30 PM - 3:00 PM

Growing Maine Video Series: Hear from the farmers themselves --  
Demonstration stage

[Growing Maine](#) is a video storytelling series about farmers and food producers. These features will be available to watch at the demo stage throughout the show.

Hear the stories from the farmers themselves. Watch these short videos to learn more about:

- Family farms and how they start
- How Maine family farms and food producers make decisions
- What's really important to help a family farm business succeed
- "How do they do that?" Behind the scenes of local food production.

**January 16, 2019**  
Wednesday

9:15 AM - 10:00 AM

**BFRN--What to see at the show -- Demonstration Stage**

We hope you join members of [Maine's Beginning Farmer Resource Network](#) to start your day. Bring your questions to help you get the most from the show!

10:15 AM - 10:45 AM

**Growing Maine Video Series: Hear from the farmers themselves -- Demonstration stage**

[Growing Maine](#) is a video storytelling series about farmers and food producers. These features will be available to watch at the demo stage throughout the show.

Hear the stories from the farmers themselves. Watch these short videos to learn more about:

- Family farms and how they start
- How Maine family farms and food producers make decisions
- What's really important to help a family farm business succeed
- "How do they do that?" Behind the scenes of local food production.

11:00 AM - 11:30 AM

**Fiber Hand-Spinning Demonstration -- Demo Stage**

Ann Wishart and Patti Ross demonstrate the craft of hand-spinning fiber. Watch as they use tools and techniques to transform raw materials—such as fleece, wool, and other fibers—into a continuous thread that can be used for other fiber products.

12:00 PM - 1:00 PM

**Cooking with dairy -- Demonstration stage**

Come visit with Maine dairy farmer, Edna Fletcher as she features dairy recipes.

Samples and recipe cards provided. Audience participation encouraged—you might win a prize!

1:00 PM - 2:00 PM

**Harvest Hour Cooking Demonstration: Pick and Prepare Your Farmshare! -- Demonstration stage**

You don't want to miss the [Maine Senior FarmShare](#) and [Maine SNAP-Ed](#) hosting a live demonstration on the Demo Stage for Harvest Hour "Pick & Prepare Your Farmshare". Learn proper cleaning of produce, cooking & more!

## January 16, 2019 Continued

### Wednesday

3:00 PM - 3:30 PM

#### Growing Maine Video Series: Hear from the farmers themselves -- Demonstration stage

[Growing Maine](#) is a video storytelling series about farmers and food producers. These features will be available to watch at the demo stage throughout the show.

Hear the stories from the farmers themselves. Watch these short videos to learn more about:

- Family farms and how they start
- How Maine family farms and food producers make decisions
- What's really important to help a family farm business succeed
- "How do they do that?" Behind the scenes of local food production.

5:00 PM - 6:30 PM

#### Live Cooking Show and Trivia by the Hannaford team! -- Demonstration Stage

Hosted by Augusta's Hannaford Dietitian, enjoy learning some tips and tricks for cooking a fast, affordable and healthy meal. Hang around to sample the warm, colorful main dish and answer trivia questions to earn a prize! Don't worry, we didn't forget about dessert! We'll be sure to end with a quick sweet treat.

**January 17, 2019**  
Thursday

9:15 AM - 10:00 AM

**BFRN--What to see at the show -- Demonstration Stage**

10:15 AM - 10:45 AM

**Fiber Hand-Spinning Demonstration -- Demo Stage**

Ann Wishart and Patti Ross demonstrate the craft of hand-spinning fiber. Watch as they use tools and techniques to transform raw materials—such as fleece, wool, and other fibers—into a continuous thread that can be used for other fiber products.

11:00 AM - 12:00 PM

**Kid's Smoothie Demonstration -- Demo Stage**

Come hear from students involved in these agricultural educational programs:

[Maine Ag in the Classroom](#), [Maine School Garden Network](#), [Maine FoodCorps](#), and the [Northeast Livestock Expo](#)

Sample local, delicious, and nutritious smoothies.

Come take a ride on our Smoothie Bike!

12:30 PM - 1:00 PM

**Growing Maine Video Series: Hear from the farmers themselves -- Demonstration stage**

[Growing Maine](#) is a video storytelling series about farmers and food producers. These features will be available to watch at the demo stage throughout the show.

Hear the stories from the farmers themselves. Watch these short videos to learn more about:

- Family farms and how they start
- How Maine family farms and food producers make decisions
- What's really important to help a family farm business succeed
- "How do they do that?" Behind the scenes of local food production.