

FREE COOK-ALONG WITH CHEF RANDLE

FREE
VIRTUAL
COOKING
EVENT
#CookAlongBC

5:30PM-7:00PM | JUNE 21

Celebrate summer! Enjoy a FREE cooking lesson with Chef Trevor Randle and learn about BC foods and agriculture with a virtual webinar on Monday, June 21.

Chef Randle will provide expert instruction as he guides you online through three BC grown, quick, and budget-friendly recipes:

- **BC Beef Zesty Lettuce Wraps**
- **BC Blueberry Strudel**
- **BC Blueberry "Mojito" Spritzer**

BC beef rancher **Ricky Seelhof from Woodjam Ranch** and blueberry farmer **Randeep Randhawa from Boundary Bay Farm Market** will also join Chef Randle to provide fun insights on farming in BC. Plus, webinar participants will be entered into a draw for a chance to win **1 of 3 prize packages valued at \$300+ each!**



REGISTER NOW!

Register at www.bcaitc.ca now for this free event. Event suitable for all ages. Space is limited.

More Information: www.bcaitc.ca | info@aitc.ca
1.866.517.6225

SCAN ME



PRIZE DONORS

BC Chicken Marketing Board | BC Dairy Association | BC Egg | BC Greenhouse Growers' Association

PRESENTING SPONSORS



BC blueberries
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THIS EVENT IS AN EDUCATIONAL JOINT INITIATIVE OF:

