



**Space is limited!
Booking essential by 26th Feb!**

Get Fresh with the Experts.

Whether you're a lover of fine dining, a gardening enthusiast or simply love the idea of preparing food that you've grown yourself, join gardening celebrity Annette McFarlane at one of Brisbane's leading restaurants for local food that will make your mouth water, your thumbs greener and your carbon emissions smaller.



Did you know that 25% of the energy and 40% of the water you consume is contained in the food you eat? Or that a basket of popular items from the supermarket has travelled up to 21,000km before it gets to your plate?

Dinner - Wednesday 10th March, 6pm - 9pm

The Fish Café Food and Wine Bar

461 The Esplanade, Manly

\$90.00 per person, 3 course set menu selected wines with each course.



Bookings on 3893 0195

Special Guest - Annette McFarlane

Annette is a senior lecturer in Horticulture at the Brisbane North Institute of TAFE. Annette has presented Gardening Talkback on 612 ABC Radio each Saturday morning for over 20 years. Annette is also the author of three books including Organic Vegetable Gardening (close to 100,000 copies sold). Her most recent title is Successful Gardening in Warm Climates

Annette will speak on sustainable, low carbon food production and your chef will give insights into menu selection and preparation using fresh, local produce.



**Low
Carbon
Diet**

*A Queensland
Government
initiative*



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