



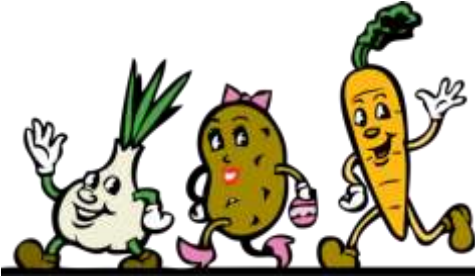
Niagara College Retirees' Association

Invites you to join us for lunch and an interesting presentation on:

Wednesday, March 7, 2018 at 12:00 noon

Coppola's Ristorante, 203 Carlton St., St. Catharines

Cost: \$25.00 (tax and gratuities incl.)



Looking for Food in all the Small Places *by Bob Martin – 'The Veggie Guy'*

Bob is General Manager of Martin Farms Ltd, a third generation family business located in Vineland. Martin Farms is a wholesale business, supplying independent garden centres and chain stores across Ontario under the store's brands as well as Martin Farms' own brands - including 'The Veggie Guy', their premium line. Since they specialize in garden vegetable plants for the home gardener, Bob is the ideal person to discuss how to grow a variety of vegetables in small spaces. Topics he will touch on include: creating a garden in pots and containers, using small spaces effectively (even window boxes), and developing raised beds. He will also share ideas for what can be grown inside on window ledges.

A delicious lunch, served family style, will include:

*House Salad, Penne Tomato, Tortellini Pavarotti, Meatballs,
Tiramisu, Tea, Coffee and Pop*

Note: both pasta options are vegetarian

We must receive your payment by **Friday, March 2**. You can pay in one of the following ways:

- Give your cheque (with the order form below) to any member of the Executive at any NCRA event on or prior to March 2.
- Fill out and mail the order form below with a cheque – **note the address!**
- Pay online using PayPal by going to: retirees.niagaracollege.ca/upcoming-events

Name(s): _____

Tel: _____

Email: _____

Tickets for lunch @ \$25 each: _____ Amount of cheque: _____

Food Allergies/Sensitivities: _____

Please make cheque payable to "Niagara College Retirees' Association" and send it along with this form to:

Ron Mottola, 6741 Buckingham Drive, Niagara Falls, L2H 2S2