

# Interactive Workshop Stage

## Thursday, March 12<sup>th</sup>

Start Time	End Time	Company/Name	Title	Description
2:00pm	3:30pm	BILD 	Who BILDs it Best	<b>Who BILDs it Best</b> is a live building competition for high school students who are enrolled in the dual credit program with the Southern Alberta Collegiate Institute. We can't wait to support these incredible students again in 2026.
5:30pm	6:30pm	Lyndon Penner 	Goldenrod; the Perennial You Didn't Know you Needed	Goldenrods are hardy native plants that support bees, butterflies, and moths. Late-blooming and drought tolerant, they add vibrant color when many flowers fade and deserve a greater place in our gardens.
7:00pm	8:00pm	Sheryl Normandeau Prairie Gardeners 	Hands-On Gardening Project: Plant Your Own Tomato Seeds with Sheryl Normandeau	Let's grow! Join author and master gardener Sheryl Normandeau to learn some fun and fascinating facts about seeds. You'll have the chance to plant an heirloom tomato seed to take home.

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5:30pm	6:30pm	Lyndon Penner 	Grasses for the Garden	Ornamental grasses bring beauty, movement, and texture to the garden—far beyond just 'Karl Foerster.' With many shapes and sizes available, they provide long-season interest while supporting songbirds and beneficial insects. Easy to grow and full of style.

# Interactive Workshop Stage

## Saturday, March 14<sup>th</sup>

Start Time	End Time	Company/Name	Title	Description
10:30am	11:30am	Urbane Eight 	Stop Killing Your Plants: Tips for Indoor & Outdoor Plant Success	Plants shouldn't feel complicated. In this fun and practical session, we'll cover the basics of indoor and outdoor plant care, the most common problems people face, and simple solutions to keep plants thriving. Learn how to spot issues early, prevent pests, and give your plants exactly what they need to grow strong and healthy.
2:30pm	3:30pm	Lyndon Penner 	Thistles- They're not all Weeds!	If you grew up in southern Alberta, you probably remember battling thistles in the garden! But did you know Canada thistle isn't native, and our native thistles are beautiful and well-behaved? Important for pollinators like monarchs and bumblebees, they deserve a place in prairie gardens!

# Carefree kitchens and Lighting Demo

## Kitchen Stage: Thursday, March 12<sup>th</sup>



Start Time	End Time	Company/Name	Title	Description
2:00pm	3:00pm	Industrial Cafe 	Kooking with Kostas	Cooking with Kostas from The Industrial Café! Watch as he prepares a signature dish packed with bold flavours, fresh ingredients, and simple techniques you can recreate at home. A delicious live demo you won't want to miss!
4:00pm	5:00pm	Roni's Kitchen 	Peanut Pad Thai!	Roni's vegan version of the popular Thai noodle dish! Packed with flavour, vegetables and herbs - this one is always a hit! Gluten-free option will be available.
6:00pm	7:00pm	Roberta Mistaken Chief 	Blackfoot Fry Bread	Learn how to make Native tacos with fry bread, chilli, and other ingredients!



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4:00pm	5:00pm	Roni's Kitchen 	Smoky Carrots and Dill Dip	Two quick and delicious recipes that will surprise your guests! Flavorful smoky carrots served with dilly dip on a toasted bagel or crackers - gluten free option will be available.
6:00pm	7:00pm	Bootsma 	Baking with the Bootsma's	Bread Baking and Cheese Cake

# Carefree kitchens and Lighting Demo

## Kitchen Stage: Saturday, March 14<sup>th</sup>



Start Time	End Time	Company/Name	Title	Description
11:00am	12:00pm	Bootsma 	Baking with the Bootsma's	Bread Baking and NYC Style Mini Egg Cookies
1:00pm	2:00pm	Roni's Kitchen 	Creamy Mushroom Miso Ramen	A quick, delicious, and comforting vegan ramen. A rich, creamy broth packed with vegetables and other surprises. Gluten-free option will be available.