



# SPRINGFLING

Chenango Family Food Co-op

## OPEN HOUSE

**April 28th • 10 am to 3 pm**

105 East Main Street, Norwich, NY

**10:30 AM: The great  
COFFEE BREW OFF  
*Phil vs Tim***

Come help judge which  
brew is the best.

*Enjoy complimentary  
quiche - thanks to  
La Maison Blanche*

**2:00 PM: Container  
Herb Garden Class  
by Alexis Woodcock**

Supplies will be available  
to start an indoor herb  
garden, information on  
growing herbs and recipes.

*30 Day Free Trial  
Memberships Available*

**AVAILABLE  
ALL DAY**

.....  
**CHAIR MASSAGES  
BY CANICE**

*(sign-up required)*

.....  
**DOOR PRIZE**

*Donated by  
The Foxes and  
The Crow Farm*

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**PERENNIAL  
PLANT SALE**

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**FRESH FOOD  
FOR SALE**

- Vicki's Soup
- Handmade Tortillas
- Individual Tart - Size  
Quiches

