



Slow Bike Farm Tour

Bringing Together South Florida's Farming, Eating, Biking, and Fitness Communities

for a

7.5 mile Bike Tour of Redland Farms

&

Lunch by

Chefs Kris Wessel of Red Light & Kira Volz of Creek28

On

Saturday, February 27, 2010

10-10:30AM

Stretch out with Equinox at Bee Heaven Farm

10:30 AM

Farm 1: Fancy Koi Farm

Farm 2: Going Bananas!

Farm 3: Teena's Pride

Farm 4: BeeHeaven Farm

1:30PM

Slow Locavore Farm Lunch

Key West Shrimp Fattoush

local heirloom tomatoes, goat cheese, cucumbers, & herbs

(Kira Volz)

Kris' Hand Rubbed BBQ Ribs & Herb-tossed Home Fries

From the Smoker

(Kris Wessel)

Andean Restorative Salad

Quinoa (All 8 essential amino acids), chiles, red onions, herbs, and grilled local corn

(Kira Volz)

Local Fruit Pies by Chef Kris' Aunt

The French Pastry Chef's Local Strawberry Shortcake

For More Information & for Updates on Bike Rental, Pricing, and Official Invitation, visit

www.slowfoodmiami.com, &  Find us on Facebook & 



Proceeds benefit Slow Food Miami's Farmer/Restaurateur/Chef Relations Efforts