



PRESS RELEASE

FOR IMMEDIATE RELEASE

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FREE Traditional Farm Kitchen Workshop in Jay

Jay, NY. – Ward Lumber is hosting a free Season Traditional Farm Kitchen Workshop at their Jay Store location on Tuesday, November 1 at 6:00 pm.

Get back to basics with this hands on demonstration that will highlight classic cooking practices such as rendering lard, parting out a chicken and making chicken bone stock!

Jay is a fan of the traditional practices of Joel Salatan, an innovative farmer and Sally Fallon Morell, author of *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats* and believes that both rendering lard and chicken bone stock are important for their nutritional and health value and therefore should be part of every kitchen. He uses both items in his kitchen at home regularly and is eager to share his knowledge with others. If you're ready to get back to basics this is the workshop for you! **Space is limited. Registration required.**

The event is free. To register, go to WardLumber.com or call Kim at 946-2110, X120. Ward Lumber is a local family business that has been in service for over 125 years. Its building supply stores are located in Jay and Malone, NY. Ward Lumber is one of the largest private employers in Essex County, and manages over 6,000 acres of timberland and operates one of New York State's largest white pine sawmills and planing mills.

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