



**SOUPALICIOUS TORONTO returns this Fall for another helping
Get Ready to Sip! Slurp! and Savour! the soup-er taste sensations at
SOUPALICIOUS TORONTO 2019 = Sunday November 3rd**

The bounty of this year's harvests will be celebrated at SOUPALICIOUS Toronto 2019 with over 30 soups being stirred up and ladled out as a cream-of-the-crop array of soup-erb tastes. This year, SOUPALICIOUS Toronto will be held on Sunday November 3rd at the community hall of St. Archangel Michael Serbian Orthodox Church (212 Delaware Avenue, Toronto) from noon – 3pm, presented by HARROWSMITH magazine and The Compost Council of Canada to advance the food-growing and -sharing program, Plant • Grow • Share a Row.

Now a favourite on Toronto's annual foodie calendar, this fun, family-friendly community event is a great way to get up close and personal with the best-of-the-best restaurants, chefs and caterers of Toronto as well as community service organizations involved in the city's local food-growing and -sharing scene.

Included in our restaurant, chef and community service organizational line-up to-date are:

Andria Barrett, Culinary Nutritionist
BASF Canada
Bloor Court Cafe
Chef Candice Stoute
Emma Biggs and Steven Biggs,
authors of Gardening with Emma
Farmer's Pantry Foods
Feed it Forward
Harrowsmith Magazine
Houselink Community Homes
Ixiim by Chef Araujo

Kanvas
Mission to Seafarers
Out-Of-The-Cold Soup
Pizza Del Arte
Plant • Grow • Share a Row
Sister's Kitchen Sistering
Soup Girl
Southern Accent
SÜÜP Health Bar
The Oakwood Hardware Food & Drink
Utopia Hall

"Harrowsmith is delighted to help present SOUPALICIOUS Toronto this year, applauding the volunteer spirit of the chefs and restaurants involved to create such a meaningful community event," said Yolanda Thornton, owner and publisher of Harrowsmith Magazine. "Make. Glow. Sustain. Share. are core values of Harrowsmith, fitting perfectly with the actions being celebrated at this unique food celebration."

Bring your own spoon and, if you want, your own bowl and get ready to SIP! SLURP! and SAVOUR!

The combination of good food, community and a determined zero-waste approach will be the soup-er order-of-the-day.

For details about additional local SOUPALICIOUS events, please visit **www.soupalicious.ca**.



SOUPALICIOUS TORONTO 2019

Come for a soup-erb tasting experience to warm your heart & belly!

Date: **SUNDAY NOVEMBER 3, 2019**

Time: **Noon – 3pm** (Soup sampling till 4pm)
* To enjoy the full array of soups, it is highly recommended that you arrive no later than 2:00 pm.

Location: **COMMUNITY HALL of ST. ARCHANGEL MICHAEL SERBIAN ORTHODOX CHURCH**
212 Delaware Avenue, Toronto
(just opposite the Delaware Ave. exit of the OSSINGTON SUBWAY STATION)

ORDER TICKETS ONLINE AT www.soupalicious.ca

Soupalicious has been created to support **PLANT • GROW • SHARE a Row**, the food-growing and –sharing program. www.growarow.org

About Plant • Grow • Share a Row

Across Canada, Plant • Grow • Share a Row connects growers with their local food banks and soup kitchens. The program, fuelled by volunteers, encourages gardeners to plant an extra row of food to donate to their local food bank, helping to provide fresh, locally-grown produce to folks-in-need. www.growarow.org

About SOUPALICIOUS

Soupalicious was created by the staff of The Compost Council of Canada to help local groups raise awareness and funds for their food-growing and –sharing programs. First started in Sault-Ste-Marie, the program was celebrated in Holland Marsh and now is part of the local food-sharing programs in Toronto, Ottawa, Bobcaygeon, Utopia, Revelstoke, Scarborough and soon-to-also-be in Etobicoke and Calgary. Everyone volunteers, contributing their resources and their talents to create the best of celebrations for important local causes. www.soupalicious.ca

About The Compost Council of Canada

The Compost Council of Canada works to put systems in place to do what Mother Nature intended – valuing organic residuals as resources not waste and returning this bounty of natural wealth back to our soils for ongoing health and vitality. www.compost.org

About Harrowsmith Magazine

For more than four successful decades, the Harrowsmith name has been synonymous with living a simpler, more sustainable lifestyle. Proud to be recognized as a trailblazer, Harrowsmith's fiercely loyal readers, once considered flower children and now known as Boomers, are enthusiastically embracing the new Harrowsmith. They are joined by legions of younger readers in their twenties and thirties, a tech-savvy cohort of Millennials and Gen Xers who value authenticity, social awareness, locally produced foods, natural products, and self-expression. They're an educated, affluent, keenly earth-conscious group ready to put their money where their social conscience takes them. Harrowsmith is more than a magazine — it's a lifestyle, one that appeals equally to male and female readers. A house and home proud bunch who love to feather their nest with DIY projects. They have the niftiest garden implements, love outdoor activities, fresh produce and cooking/baking from scratch.

Harrowsmith is now owned and under the direction of Moongate Publishing. It's Print proud and Digital smart. Published 4 times a year digital magazine and 3 times a year in print (Spring, Fall Almanac & Winter) and available on newsstands and by subscription. www.harrowsmithmag.com