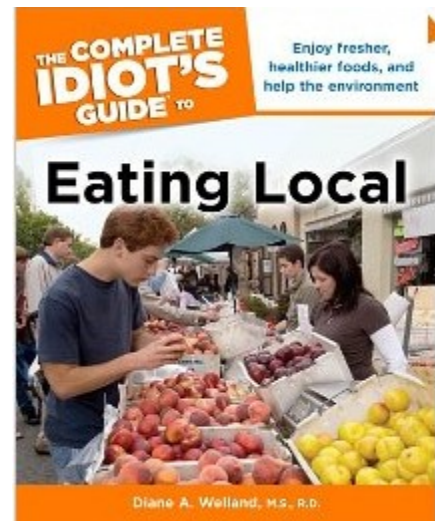


The Complete Idiot's Guide®  
to Eating Local  
Book Launch  
and  
Signing Reception  
at Open Kitchen



This is a COMPLIMENTARY EVENT & SPACE IS LIMITED  
The afternoon affair will include:

### Meet the author

Diane Welland, M.S., R.D. (Springfield, Va.) is a registered dietitian, freelance food writer and award-winning recipe developer based in the Washington, D.C. area. She writes for a variety of consumer and trade publications, websites and blogs, specializing in stories on food and food trends, nutrition, health and fitness and is the author of The Complete Idiot's Guide® to Eating Clean (Alpha Books, December 2009) and The Complete Idiot's Guide® to Eating Local (May 2011). In addition to writing she also teaches nutrition and food science at Northern Virginia Community College. Visit her website at <http://eatwelleatclean.com/>.

Diane recently interviewed with Fox 5 News regarding her new book. You can view the video here:  
[http://www.myfoxdc.com/dpp/news/web\\_links/the-complete-idiots-guide-to-eating-local-053011](http://www.myfoxdc.com/dpp/news/web_links/the-complete-idiots-guide-to-eating-local-053011)

### Book Sales and Signing

The Complete Idiot's Guide® to Eating Local will be available at a discounted fee of \$15.00. Diane will be on-hand to personally autograph your purchased copy.

### Opportunities

Meet and interact with "like-minded" people who have an interest in eating local and supporting sustainable farming practices.

### Cooking Demonstrations and Tastings

Open Kitchen's Executive Chef Kenneth Hughes and his Culinary Team will demonstrate a selection of recipes taken from Diane's book incorporating local/seasonal ingredients.

### Complimentary Wine Tasting

Sample a variety of wines from Virginia wineries.  
*Wines will be available for retail purchase as well as enjoyment at our Bistro.*