

**Spinning Straw Into Gold – a workshop with Marty Layne**  
Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

[ ] Early Bird Rate \$110 received on or before Oct. 8<sup>th</sup> [ ] Regular Rate \$125.00 received after Oct. 8<sup>th</sup>

**Bakes goods and sandwiches are from Wildfire Bakery. Organic fruits and vegies are from Thrifty Foods**

“Wildfire muffins are made with our own freshly stone ground spelt flour. Our 5 varieties also contains: spelt bran, organic canola oil (non-GMO), baking powder, baking soda, unrefined sea salt.” [www.wildfirebakery.ca](http://www.wildfirebakery.ca)

**Please circle your choice of muffin:**

Banana Hazelnut – **egg free**

Apple juice, bananas, evaporated cane sugar, hazelnuts, apple cider vinegar, cinnamon

Blueberry Ginger - **egg free, sugar free**

Apple juice, berries, oats, maple syrup, ginger

Carrot Millet Pumpkinseed

Soy milk, apple juice, evaporated cane sugar, eggs, millet, pumpkin sees, carrots, spices

Orange Raisin Bran

Soy milk, raisins, apple juice, oranges, molasses, eggs, maple syrup, apple cider vinegar, spices

Apple lemon poppyseed - **egg free**

Apple juice, pears, evaporated can sugar, lemon poppy seeds, apple cider vinegar

**Choose either a sandwich or pizza by circling your choice below:**

Sandwiches:

Vegan on whole spelt (with smoked tofu and vegan pate)

Veggie on rye (with pickled grated carrots and beets, aged white cheddar, and pesto mayo)

Egg on rustic white

Pizza toppings vary each day, (circle one) vegetarian or vegan.

Juice, water and tea will be provided. Please bring your own mug.

Please make cheque out to Marty Layne and send to:

Marty Layne

1850 San Lorenzo Ave.

Victoria, BC V8N 2E9

Questions? [martylayne@gmail.com](mailto:martylayne@gmail.com)