



HOME • LEISURE
CARAVAN • 4WD • CAMPING

SHOW



Gourmet Gallery Stage

	Time	Presenter	Topic
Friday 24 October	11.00 am - 11.45 am	Lime Grove	Easy-to-make recipes using chemical-free lime products
	11.45 am - 12.30 pm	Regional Food Australia	'You are where you eat' – Eating locally. The best of the Regional Food regions and recipes in a photo and video show
	12.30 pm - 1.15 pm	Salton Kitchen Appliances	George Foreman demonstration
	1.15 pm - 2.00 pm	Regional Food Australia	Local bakers and apprentices – Making and Breaking Bread
	2.00 pm - 2.45 pm	Salton Kitchen Appliances	George Foreman demonstration
	2.45 pm - 3.30 pm	Lime Grove	Easy-to-make recipes using chemical-free lime products
Saturday 25 October	11.00 am - 11.45 am	Salton Kitchen Appliances	George Foreman demonstration
	11.45 am - 12.30 pm	Cosmorex Coffee	Latte art, brewing great espresso coffee
	12.30 pm - 1.15 pm	Regional Food Australia	What's Fresh and Seasonal – Your Farmers Market, with Avocado, organic vegetable and potato growers from the Canberra Farmers Markets.
	1.15 pm - 2.00 pm	Lime Grove	Easy-to-make recipes using chemical-free lime products
	2.00 pm - 2.45 pm	Regional Food Australia	Fancy an afternoon tea? We show you how to make the best Scones and introduce our local Jam makers
	2.45 pm - 3.30 pm	Lime Grove	Easy-to-make recipes using chemical-free lime products
Sunday 26 October	11.00 am - 11.45 am	Regional Food Australia	Regional Food Magazine Editor Fred Harden introduces Jan Gundlach Flavours Culinary Centre
	11.45 am - 12.30 pm	Cosmorex Coffee	Latte art, brewing great espresso coffee
	12.30 pm - 3.30 pm	Regional Food Australia	An afternoon of continuous regional food and wine stimulation, local chefs, Canberra Times Food & Wine section columnists, winemakers, food educators, authors, panel discussions, short videos, quail cook offs.

HIA Home Ideas Stage

	Time	Topic	Presenter	Meet an Expert
Friday 24 October	11.00 am - 11.30 am	Tips for building a great home theatre	Millennium Audio Visual, Adrian Milverton	- Building Innovative Centre
	11.30 am - 12.30 pm	GreenSmart energy efficient design + benefits	Today's Homes & Lifestyle, Peter McCoullough	- D J Homes
	12.30 pm - 1.00 pm	Designing kitchens that look good and work	MMM Interiors, Ian Freebody	
	1.00 pm - 1.30 pm	Taking advantage of the sun's rays for your power	Solarco, Rob Lee Tet	
	1.30 pm - 2.00 pm	Is it the right time to sell, buy or build?	Housing Industry Association, Ben Phillips	
Saturday 25 October	11.00 am - 11.30 am	Tips for building a great home theatre	Millennium Audio Visual, Adrian Milverton	- Building Innovative Centre
	11.30 am - 12.00 pm	Designing kitchens that look good and work	MMM Interiors, Ian Freebody	- Pavilion Homes
	12.00 pm - 12.30 pm	Energy efficient windows	Viewco Glass, Ryan Knight	- ViewCo Glass
	12.30 pm - 1.00 pm	Taking advantage of the sun's rays for your power	Solarco, Rob Lee Tet	
	1.00 pm - 2.00 pm	GreenSmart energy efficient design + benefits	Today's Homes & Lifestyle, Peter McCoullough	
Sunday 26 October	11.00 am - 11.30 am	Energy efficient windows	Viewco Glass, Ryan Knight	- Building Innovative Centre
	11.30 am - 12.00 pm	Designing kitchens that look good and work	MMM Interiors, Ian Freebody	- ViewCo Glass
	12.00 pm - 12.30 pm	Tips for building a great home theatre	Millennium Audio Visual, Adrian Milverton	- DR Fisher Building
	12.30 pm - 1.00 pm	Taking advantage of the sun's rays for your power	Solarco, Rob Lee Tet	
	1.00 pm - 2.00 pm	GreenSmart energy efficient design + benefits	Today's Homes & Lifestyle, Peter McCoullough	

The Outdoor Living Room

One of Australia's best know gardening experts, Graham Ross from the Garden Clinic, a man well known for his connection with the popular television show Better Homes and Gardens, will be on hand to answer your questions whilst presenting expert advice for all three days of the show.

The gardening area also showcases 'The Outdoor Living Room' with professional designers and installers displaying the contemporary options available for your outdoor lifestyle.

4WD Arena

Witness the awesome ability of drivers manhandling modified competition four-wheel drive vehicles on a purpose-built track.

Four times daily:

11.00am • 12.30pm • 2.00pm • 3.30pm