



TOWN OF VINCENT

***MEDIA RELEASE – FOR IMMEDIATE RELEASE***

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***A Festival for Foodies!***

Calling gourmets, gourmands, connoisseurs, gluttons and anyone with a love of good food! The Vincent Cappuccino Festival in North Perth on 30 November is appealing to the stomachs and taste buds of Perth's foodies.

With wholefoods maestro Jude Blereau hosting cooking demonstrations, food stalls overflowing with fresh produce to purchase, cafés clambering to show you their wares at their stalls and workshops for coffee, chocolate and beer and wine aficionados there is something for everyone available in Angove Street.

"My tummy is already rumbling at the prospect of wholefoods doyenne Jude Blereau taking to the stage to whip up some nutritious and delicious food when she joins us at our community festival – the second Vincent Cappuccino Festival event this year. And once we have been inspired to cook up a healthy, real food storm in our own kitchens, we can hit the fresh produce stalls that will be set up and stock up on all the essential goodies", enthused Mayor Nick Catania.

"Jude is an engaging and passionate advocate for organic produce and minimally processed foods. She is committed to helping people learn about good food: what it truly is, how to use it, where to get it and to give you the tools and information you need to make wholesome food a workable part of your everyday life. I for one can't wait to watch the cooking demonstration and maybe have a bit of a taste test!" concluded Mayor Catania.

In addition to the wholefoods cooking demonstration and fresh produce stalls, Angove Street will come alive with craft, jewellery, fashion and textile stalls, a giant native plant sale, gardening advice and workshops, children's activities and entertainment, roaming street theatre and live entertainment all day long.

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The Rosemount Hotel will be the venue for a number of free workshops on wine and beer appreciation. Workshop sessions on home espresso, latte art and chocolate appreciation will be held on stage.

More info is available [here](#).

### **Jude Blereau**

Jude Blereau is a natural foods chef, author, food coach, cooking teacher and real food activist who has been involved with the organic and wholefoods industry for more than 18 years.

In 1997 Jude co-founded The Earth Market, a much loved wholefood store and café in Perth, Western Australia and in 2001 she founded [Whole Food Cooking](#). Her focus is on helping people learn about good food – what it truly is, where to get it, how to use it – and to give them the tools and information they need to make healthy eating a part of their everyday lives.

Jude is a passionate advocate for sustainable farming practices and good food for everybody. She participates in a number of groups and networks that promote those goals. Jude is a member of Chefs Collaborative, a network of chefs and restaurateurs who work together to promote sustainable farming and fishing, humane animal husbandry and local artisanal cuisine. They encourage the community to make food choices that emphasise delicious, locally grown, seasonally fresh, and whole or minimally processed ingredients that are good for us, for local farming communities, and for the planet.

Jude released her first cookbook [Wholefood ... heal, nourish, delight](#) in March 2006, and her second [Coming Home To Eat ... Wholefood for the Family](#) in March 2008. She writes for a number of magazines including *Spice* and *Nova*.

**Ends**

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