



Media Release

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Celebrate local food and Asian-inspired cuisine during Asian Heritage Month

If you have ever enjoyed a Chinese-style steamed bun or dumpling at the Memorial Centre Farmers' Market — a local delicacy known as Farm Sum — you've experienced the talents of Xiaobing Shen.

Shen owns and operates Long Road Ecological Farm north of Kingston with his partner Jonathan Davies. The farm specializes in providing organic vegetables and pork that go into Farm Sum dishes, food based on what Shen ate growing up in rural China.

Now, you can learn how to make dumplings yourself with a demonstration by Shen, centred on traditional Chinese farm food. The online demonstration is on May 30 at 2 p.m. Register at <https://calendar.kfpl.ca/event/6576056>.

"Having Xiaobing join KFPL is a great chance for attendees to add a new, diverse dish to their culinary lineup or refine something they know and love," said Jake Miller, Librarian, Adult Programming. "Long Road Ecological Farm is on the Kingston market scene, and having one of its founders give a live online demonstration is a chance to see how dumplings are made in real time."

Want to learn more about diverse cuisines? Learn to make Indigenous dishes by registering for *Feasting Together* at <https://calendar.kfpl.ca/event/6629819>.

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