

MEADOWLARK HEARTH 2023

Living Environment Foundation 501c3

Organic Vegetable Seeds: www.meadowlarkhearth.org
education, charity and research: www.livingenvironmentfoundationne.org

CLASSES meet at the farm: email us to register

- **Hiking in Wildcat Hills with Nathan Corymb, master naturalist**, April 22, May 13, June 10, July 22, August 12 meet at farm at 3 pm, hike lasts until 7 pm, *Learning to know our wild lands that surround us*. Bring water, snacks & clothing for a vigorous 4 hour hike.
- **Saving Seed classes @ the farm 2-3:30: biennials**-Sunday, April 16, **botany of vegetables**, Sunday July 16 See the vegetables in full bloom including carrots!
- **Planning your garden**: Sunday Mar 26, 3 pm gather in our living room to think about your garden plans with help thinking about quantities and qualities of plants
- **Gardening Classes 3rd Sunday of month**, April-October 3:30-5 pm @ MH farm, plus consulting when needed with Meadowlark Hearth crew, Email us for the topics we are covering. \$10/per class or \$50 for 8 classes

EVENTS: at Meadowlark Hearth Farm

Talks with conversation by Dr Trina Aguirre, RN PhD, 3: pm @ MH
farm: **May 7**: Food Driven Health, **June 3**: Organic Food, why it Matters, **July 8**: Eating for Health at the Cellular Level, **Aug 26**: The Path of your Food Journey,

May Plant Sales: each Friday of May 4:30pm-6:30 pm

Seed Festival on farm Sept 3

Harvesting, threshing and cleaning techniques by hand
And dancing on the seed. Something for everyone, bring family and friends
(come camp before and after to enjoy Meadowlark Hearth area)

Ancestral Skills Weekend

Camping on LEF riparian wilderness area and learning new skills
at Meadowlark Hearth Farm, email with questions and interest
Oct 27-Oct 29 reservations required

All people coming to farm for classes or events must sign a safety waiver.

SPACE LIMITED REGISTER ASAP: let us know your interest!

Email meadowlarkhearth@gmail.com

or call 308-631-5877

Meadowlark Hearth Farm for
Meadowlark Hearth Living Environment Foundation
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