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 July16 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
(coming 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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