



Whole Food Solutions

Presents

Living Raw Food
From the Summer Garden



Saturday August 8th
9am-1pm, Cost \$45

Together we will prepare a "Raw" Summer Lunch using Fresh Vegetables from the Garden and Farmer's Market. From Appetizer to Dessert, delight in a Taste Adventure beyond Imagination.

Superfoods:
Gifts from the Earth



Saturday August 22nd
9am-1pm, Cost \$45

Discover some of the most amazing Gifts Mother Nature has to offer - Superfoods. Taste and learn how to add these nutritionally rich and vibrant "Raw Foods" into your Daily Life.

We will provide all the ingredients and recipes;
you bring curiosity, excitement and a hearty appetite.
Come join us in the beautiful foothills of the Blue Ridge Mountains.
We are within 15 miles of the Tryon/Columbus/Boiling Springs area.

"Summer Garden Raw Food" and "Superfood" Registration Form

For questions call Patricia or Claire at 828-863-4140. Please send your registration form with payment to following address: Patricia Streit, 14 Brewery Lane, Tryon, NC 28782.

Name _____

Phone _____

_____ Raw Food from the Summer Garden _____ Superfoods - Gifts from the Earth