



Care for the Earth    Care for People    Fair Share



# Foraged/Wild Food

Permaculture Designer and Green Man Frank Cook

Wednesday May 21, 2008    Copper Hill, Floyd County, VA

- 3:00 -5:30 pm Forest/Field Plant Walk\* for Edible and Medicinal Species
- 6:00- 7:30 pm Vegetarian/Vegan Potluck Bring Goodies- Foraged Food Welcome
- 7:30- 9:00 pm Plants and Healers Around the World\* Multi-Media Presentation

Call 540-322-2192 for directions and to register\* for all events by Monday May 19th

\*Tax deductible donations will be requested to support Frank's work

Frank Cook is a **thivalist** who has spent the past fifteen years as a Gaian repository of plant knowledge. He makes a wide range of foods and medicines to share with his family, friends and community. [www.plantsandhealers.com](http://www.plantsandhealers.com)



Frank trained as a clinical herbalist at the Northeast School of Botanical Medicine in Ithaca, NY, and holds a BS degree in zoology and computer science from Duke University. He's currently a Master of Science candidate in Holistic Science at Schumacher College in Devonshire, England.

Frank has taught at the Appalachian School of Herbalism in Asheville, NC for the last six years.

## Sponsored By

Associations of the Light Morning [www.lightmorning.org](http://www.lightmorning.org)

Anahata Educational Center of Floyd- a non-profit organization initiated in 2007 to provide ecologically-focused service learning, research and teaching opportunities

Association for Regenerative Culture (ARC). A 501-c-3 permaculture charitable effort to promote an informed understanding of the value and responsibility for personal & planetary transformation at cultureis edge. [www.ARCulture.org](http://www.ARCulture.org)