



Care for the Earth

Care for People

Fair Share

*If you don't know what's in your food, you don't know what you're made of,
and if you don't know what you're made of, you don't know who you are. ✨*

Green Local Food

Explore Permaculture Nourishment

Permaculture Designer and Green Man Frank Cook

Thursday, May 22, 2008

Roanoke, Virginia

- | | | |
|---------------|---|--------------------------------------|
| 3:00 -5:00 pm | Plant Walk for Edible and Medicinal Species | \$10.00 (scholarships are available) |
| 6:00- 7:00 pm | Local and Foraged Food Meal | \$18.00-- vegan or omnivore |
| 7:30- 9:00 pm | Discussion & Permaculture Resource Sharing | \$10.00 w/take home written info |

Call 540-345-3405 for directions/registration for all events by Monday May 19th

Frank Cook is a thrivalist 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



Frank trained as a clinical herbalist at the Northeast School of Botanical Medicine in Ithaca, NY, and is a graduate of Duke University with a Bachelor of Science degree in zoology and computer science. 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 (Asheville) for the last six years.

Sponsored By

Roanoke Permaculture Association (RPA) - a community group promoting the practice and principles of permaculture in the Roanoke Valley.. RPA meets monthly . encourages sharing and welcomes new members with all levels of experience.

Good to Go Foods of Roanoke. Operated collaboratively by Nancy Maurelli. Good to Go connects people with delicious, nourishing local bounty. Offering subscriptions of handcrafted prepared foods, custom catering using local products, local food sourcing, as well as culinary, horticultural and community education.

Association for Regenerative Culture (ARC), a 501-c-3 permaculture charity organization, promoting an informed understanding of the value and responsibility for personal and planetary transformation at culture's edge. ARC strengthens vital relationships between the human and natural worlds throughout Eastern North America. www.ARCulture.org

✨Dr. Vandana Shiva, Global Food Activist