

THE WESTON A. PRICE FOUNDATION®

DUPAGE COUNTY CHAPTER MARCH MEETING

Meeting Location & Time:

IMMANUEL LUTHERAN CHURCH
5211 Carpenter Street
(at Grove Street)
Downers Grove, IL 60515

Sunday, March 1st
2:00pm

**WE MEET THE 1ST SUNDAY
OF EVERY MONTH.
VISIT OUR CHAPTER'S WEB
SITE FOR MEETING
LOCATION, TOPICS AND
A LIST OF LOCAL FOOD
SOURCES.**

www.WestonPriceClub.com

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston A. Price and is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies. More details and lots of helpful information is available on the Foundation's web site:
www.westonaprice.org

Join us for an enlightening presentation on ...

Gardening for Health

Whether you only have room to grow vegetables in pots on your deck or you have space for a formal garden, this is a meeting you don't want to miss! You'll learn about:

- ◆ Why our gardens have failed
- ◆ Soil Food Web
- ◆ Tricks For Planting Success
- ◆ Tricks For Growing Success Tricks
- ◆ Tricks For Harvesting Success

Our featured speaker is ...

VICKI NOWICKI

Vicki Nowicki has been growing vegetables for 30 years, both for her own family and professionally. She absolutely insists on organic techniques and owns a business called Let's Grow which plants vegetable gardens for homeowners and then follows up by sending crews every week to weed, water, plant and harvest. They continue to care for the garden until October. The purpose of the program is to educate families, hands-on, about the entire rhythm and pattern of the growing season so that they will learn how to do it themselves. It is like an investment in their own health and value system and they can even pass it on to their neighbors. Vicki will get you excited about growing vegetables! Remember, life changes when you grow your own food. You can learn more about Vicki at her web site: www.libertygardens.com.

**OUR NEXT MEETING:
Sunday, April 5th at 2:00pm**

TOPIC:

Cleaning Your Home: How to Make Your Own People and Earth Friendly Cleaning Products

VISIT OUR WEB SITE FOR MORE DETAILS!

www.WestonPriceClub.com