

Seeds of Solidarity
and the SOL (Seeds of Leadership) Garden Program
Present:

THE 1ST ANNUAL FOOD FORUM

SATURDAY FEBRUARY 20, 10AM TO 3PM
(Snow date Feb 21)

AT THE ORANGE INNOVATION CENTER
131 West Main Street, Orange MA

Uniting North Quabbin residents to gain real skills and share innovative ideas as we strengthen our community and celebrate local food and agriculture.

THE EVENT IS FREE!

Priority to those who live or work in the North Quabbin Region.

There is no pre-registration but capacity is limited to 60.

Please arrive early (by 9.45) and plan to stay the whole day, 10am-3PM, so we can build community together.

AT THE FOOD FORUM:

Learn from great workshops that build your skills for food self-reliance:

Raising Goats, Chickens and Pigs, No-till gardening, Fruit trees in your yard,
How to Compost, Real food for all: Cost Saving recipes.

Share ideas to strengthen our community, and thrive in tough times:

Food Coops, Food and Energy: Prepare for the Future,
Cool Ideas to Fight Hunger, Simplicity, Youth Cultivating Food & Hope.

Plus! Seeds of Solidarity Video Release Celebration

If you can, please bring a cup or two of pre-washed/chopped vegetables to contribute to the “Stone Soup” that we will be enjoying for lunch together.

Coffee, tea, baked goods will be available for purchase in the morning from the Railside Café and Maple Grove Farmhouse Bakery in the Orange Innovation Center

THANK YOU TO:

The Orange Innovation Center, for their generous contribution of a beautiful space to hold the Food Forum, **the North Quabbin Garlic and Arts Festival**, **the MA Cultural Council Youth Reach Program** and to **those community members giving their time to provide workshops.**

For more information
call 978-544-9023 or
Email deb@seedsofsolidarity.org