

Terra Bella Bakery-Café Announces

Eco-Seminars, 2009

With Ellen Vande Visse

sustainable agriculture instructor, Good Earth Garden School
and author of Ask Mother Nature, a Conscious Gardener's Guide



Make & Take an Indoor Greens Garden

Grow Your Very Own Baby Greens

(Babies due in April!) Yum!

Create and take home a window sill garden with proper seed mix for flavor and color.

Become the first kid on the block to savor your own succulent baby greens—before the snow melts outdoors! Learn about soil nutrition as well.

When: **Tuesday, February 17 and Wednesday, February 18** 10 am–Noon

Two identical, repeated classes. Room for 10 participants each.

\$25 for materials and instruction.

Register early.

Shopping for Foods You Can Trust

Join us to sample fruits and vegetables grown chemically and organically. Taste 'em. Compare 'em. Hear their childhood stories.

Find out...

when to choose organic and when it is not so crucial

how to shop for the highest nutritional density for the cost

how to take control of your diet, nourishment, and health

Go home feeling empowered, no matter what your grocery budget.

When: **Wed, February 25. Time: 4-6pm** (come hungry)

Cost: \$16 or \$12 ea for 3 or more signing up together.

For all Classes

To Register:

www.goodearthgardenschool.com
and sign up for the courses you would like to take.

When you come, get a free packet of coffee grounds to fertilize your garden and repel slugs!

More Information:

Linda at 562-2259
www.terrabellacoffee.com

Location:

Terra Bella Bakery Café
601 E. Dimond, Anchorage

Next to Bed Bath and Beyond,
across from Dimond Mall

Free Movie! Saturday Matinee

Come watch and then discuss the film:

Cancer, Nutrition, and Healing

More than 7 years ago, eco-consultant Jerry Brunetti received word that without aggressive chemotherapy treatment he would be dead in as little as six months from an aggressive form of lymphoma. He opted not to travel that route, and instead embarked on his own journey seeking advice, treatments, alternative protocols and hands-on care from a wide variety of sources. The result has been depth of understanding that is almost beyond compare, steady improvement in his own overall health, and a return to normalcy of the affected lymph nodes. Oh, and he's very much alive.

Learn about: strengthening immunity, holistic treatment protocols, health-boosting recipes, supplements and detoxification, supplementing conventional therapies, foods to eat, and foods to avoid.

When: **Saturday, March 21**

Time: 4 – 6 pm. Cost: free!

Good Earth Garden School Schedule of Classes Feb-Mar 2009

Tue Feb 17 - **Grow Your own Windowsill Greens**
Terra Bella, Anchorage

Wed Feb 18 - **Grow Your own Windowsill Greens**
(Repeated Class) Terra Bella, Anchorage

Fri Feb 20 - **Organic Gardening**

Agri 138 credit course starts
Mat-Su College

Wed Feb 25 - **Sampling Foods You Can Trust**
Terra Bella, Anchorage

Sat-Sun Feb 28 & Mar 1

Co-Creative Organic Gardening, Palmer

Sat-Sun March 7 & 8

Co-Creative Organic Gardening, Anchorage

Sat March 14

Advanced Co-Creative Organic Gardening, Palmer

Sat March 21

Free Movie Matinee at Terra Bella, Anchorage

