



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BROWN BAG LUNCH DISCUSSION

# FARMING & FOOD

## THINKING LOCAL & THINKING ORGANIC: FROM FARM TO TABLE

**Brown Bag Lunch**  
**Wednesday, June 19, 2019**  
**12-1:30pm**  
**Y COMMUNITY ROOM**

**LIMITED SPACE AVAILABLE : PLEASE REGISTER AT THE WELCOME CENTER**

The Skagit Valley's rich farm land has fed Western Washington communities for generations: Join **CHRIS HAMER** from **WHEN PIGS FLY Farms**, **DANIEL VORAN** from **A MAN AND HIS HOE Farms** and **ADA SNYDER** Regional Sales Representative for **HIGH MOWING ORGANIC SEEDS** for an informative & engaging discussion about the importance of knowing where your food comes from, how it was grown, what your supporting & how this nurtures & feeds your body: From seed to table—**Ingrid Hinton**, the **AOA Coordinator** will host this informative and important conversation—learn, ask, participate:

- Local vs Non-Local produce.
- The amazing roll of plants in soil health.
- What produce to expect during specific months.
- The importance of supporting the local farming community.
  - How to support the Local Food Movement.
  - Composting for soil health.
- Simple ways to grow your own food in your yard.

**"TO FORGET HOW TO DIG THE EARTH AND TO TEND THE SOIL IS TO FORGET OURSELVES"** Mahatma Gandhi

**SKAGIT VALLEY FAMILY YMCA**  
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