

Biodynamic Food ... YOU Can Grow It!

Beyond Organic—A Workshop with a Biodynamic Grower

Nancy Jewel Poer, a founder of Rudolf Steiner College that promotes and teaches biodynamic agricultural methods, will present an afternoon workshop. The workshop gives an overview of Biodynamic Agriculture, hands-on experience creating a biodynamic compost pile, and a Q & A session with discussion and handouts.

Sponsored by

OK Biodynamic / Sustainable Farm Group

Oklahoma Sierra Club—Sustainable OKC

Regional Food Bank of Oklahoma / Urban Harvest Program

Printing by the OK Department of Environmental Quality (DEQ)

Our sustainable sponsors respectfully request you bring your own plate, silverware and glass. Prizes will be given for the most creative, unusual and beautiful dinnerware!

Saturday, October 24, 2009 —Regional Food Bank of Oklahoma—3355 S. Purdue, OKC

1:00 —5:00 p.m. Workshop (\$5 fee) / 5:00—9:00 p.m. Catered dinner (\$10 cost) by Slow Food OKC's Kamala Gamble, followed by entertainment & viewing of Biodynamic Farming DVD

For more information or to register, call Joe Glosemeyer at 433-9000 or visit www.sustainableokc.org. (Pre-registration required by Oct. 12)

Registration Form for Biodynamic Agriculture and Gardening Workshop

Please mail completed form below with check for workshop and / or evening program to:

Sustainable OKC, % Joseph Glosemeyer, Rt 1, Box 110A, Cashion, OK 73016. **Please make checks out to Sustainable OKC & note Biodynamic Workshop and/or catered dinner in check memo line.**

\$_____ is enclosed for the Biodynamic workshop (\$5) and/or dinner (\$10)

Name: _____

Email address: _____

Cell Phone: _____ Home Phone: _____

Address: _____ City/St/Zip: _____