

the sequatchie valley institute
at moonshadow
invites you to the fourteenth annual

food
for life

a gathering about the source and protection of life
held near dunlap, tennessee

april 20-22, 2012



the gathering will include workshops on:

- canning, freezing and drying
- making tempeh
- fermenting miso, sauerkraut and kimchi
- wine, beer, mead and champagnes
- different methods of cooking and diet choices
- snacks for kids and playing with yer food
- health and nutrition
- edible and medicinal plants
- permaculture techniques
- theoretical and political explorations of the social and ecological implications of industrial agriculture and genetic engineering
- sustainable community-based food systems

all workshops at the sequatchie valley institute
are intentionally affordable using a sliding scale.
food exchange is available.

contact moonshadow for information about
the schedule and fees.

(423) 949-5922
www.svionline.org

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