

The Sequatchie Valley Institute
invites you to join us for
“LUNCH AND A LOG”
Sunday, March 29th, 2009



Learn the health benefits of Shiitake mushrooms!
Inoculate your own log!

We will show you how to inoculate an oak log with Shiitake mushrooms. Your inoculated log will produce nutritious and delicious mushrooms for several years to come!

A \$30-45 sliding scale fee includes hands-on instruction, a mushroom-filled garden-fresh lunch, your own log to take home plus a tour of our gardens and solar-powered facilities.

SVI is located midway between Dunlap and Whitwell, in the beautiful Sequatchie Valley of Southeast Tennessee.

For information, contact us at 423-949-5922 or www.svionline.org



Sequatchie Valley Institute is a nonprofit organization whose mission is to offer society an opportunity to experience and learn about living in harmony with nature by providing:

- education, art and research opportunities, land conservation & restoration
- a dynamic model residence and learning center
- a vision for attaining a sustainable future