

GROW GREEN, EAT LOCAL

A PRIMER IN SUSTAINABLE FOOD

presented by Sustainable East Oklahoma County

SEOC is a chapter of Oklahoma Sustainability Network

This fun and informative seminar will illustrate the many ways that eating and growing sustainably can be easily incorporated into any lifestyle.

GUEST SPEAKERS INCLUDE

Kamala Gamble an Oklahoma City chef, gardener and Slow Food co-founder will share information on cooking locally grown and seasonal produce, meat and dairy.

Steve Upson from the Samuel Roberts Noble Foundation will discuss Small Plot Intensive Gardening with direction on raised beds and season extending technology.

Kara Joy McKee a member organizer of Buy Fresh, Buy Local will share information and resources on local food producers and the benefits of buying locally grown foods.

FREE AND OPEN TO THE PUBLIC

Saturday, February 23

9 a.m. to noon

Midwest City Library

Forum Room

8143 E Reno

For more information contact
Bob Davis at 326-1556

*Oklahoma Sustainability Network
serves as a catalyst and resource for
stimulating Oklahoma's economy,
ecology and equity.*



Sustainable
EAST OKLAHOMA COUNTY

