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Seeds for the Soul

Wednesday, Sept. 28



Camrose Public Library
4710 - 50th Ave.
Ph. 780-672-4214

Info: spiritoftheland1@gmail.com

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6:00 pm ~ Intro to Canning
7:00 pm ~ Discussion:
Health, Ecology, Economy
(no charge; attend one or both events)

Kierstin Heiberg is a local farmer who is interested in integrating new and old forms of food production and preservation.



Harvest swap table: bring your garden produce or an empty bag!