



FARM TO TABLE DINNER

6pm-9pm July 19 or Aug 23 or Oct 18

We have a farmette and are trying to be as wholistic as possible, treating with respect the animals, the plants, the soil!!! With regenerative practices we can minimize artificial nutrients and maximize the nutritive value of what we are eating.

Although we are primarily whole food plant based, having some animals has inspired us to use some of the milk seasonally (we dry the sheep up prior to tugging) mostly for cheese and yogurt. If we lose an animal, we respect it's life by consuming it, but not to be confused with regular meat-eating.

If you would like to join us we hope you will be inspired to become more plant-based and join the symphony of living organisms. Cost : \$40

We will walk 1/4 mile and you will be best advised to have some walking shoes, dress for the weather please and weather permitting we will be out-of doors eating and enjoying the fermented and non-fermented fruit of the land.

Please put a deposit of \$20 with CF reception per person to reserve your spot and the



remaining \$20 to be @SUNSETHOMESTEADERS collected at the venue or even before if you prefer. Feel free to see our instagram and follow us. We will tour about 6 pm and eat about 7pm. Some talks will be given, but this is an event to share with others your journey toward better living and eating. Questions? Email to tgiese@mycaringfamily.com





CUT

My contact information: either email or textable phone #:

_____-_____-_____. Or _____@_____

NAME:

Yes, sign me (and) up _____

For the date: _____ in Woodstock on Country Club Rd just north of Loyola

Save my seat(s) with: \$____refundable up to a week prior to the event (give to reception at Caring Family)

sunsethomesteaders@gmail.com. or can use Zelle thru giesetodd4@gmail.com