

Co-op Education Opportunity
Seaweed Excursion, with Kristy Bredin
Register now - Early Bird \$10 off before July 21!
August 1, 10:00 a.m. – 1:30 p.m.

Join us for this special hands-on learning opportunity! Annual Tradition. New Location.

Seaweed Excursion...with Kristy Bredin, Herbalist

Seaweeds have traditionally been important plants for food and healing among coastal people throughout the world and are a rich source of diverse nutrients uncommonly available in land plants.

This 3-hour in-the-field adventure will cover:

- types of local seaweeds
- optimal harvest times
- sustainable harvesting
- drying techniques
- healing properties
- iodine and thyroid health
- external uses of seaweeds
- pollution issues

Participants will take home a jar of kelp pickles we will make in class.

Carpooling will be arranged to the class location.***

Stop by the Co-op or visit [Eventbrite](#) at to register. Early Bird Price \$45

Early Bird Registration - Ends June 21st!

\$5 Additional Discount for Orcas Food Co-op Members

For more information, visit www.kristybredin.com or email info@orcasonline.coop



ORCAS FOOD CO-OP PRESENTS

SEAWEED EXCURSION

Kristy Bredin, Herbalist

AUGUST 1, 2019 | 10:00AM - 1:30PM

LIMITED SPACE AVAILABLE.

EARLY BIRD SPECIAL ENDS JULY 21

\$5 OFF FOR ORCAS FOOD CO-OP MEMBERS

FULL PRICE \$55

FOR MORE INFORMATION AND TO REGISTER,
VISIT WWW.KRISTYBREDIN.COM
EMAIL INFO@ORCASFOOD.COOP