

**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](http://www.kristybredin.com) or email [info@orcasfood.coop](mailto:info@orcasfood.coop)



ORCAS FOOD CO-OP PRESENTS

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## SEAWEED EXCURSION

Kristy Bredin, Herbalist

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**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](http://WWW.KRISTYBREDIN.COM)  
EMAIL [info@orcasfood.coop](mailto:info@orcasfood.coop)