

9:00-11:00 – Kids’ Forum. Bring your young ones (5-12) for a morning of exploration about gardening, growing, eating healthy, physical activity. There are a variety of activities to experience, with a prize at the end of the morning. You do not have to stay with your child - we will have volunteers supervising all the activities. Please let us know how many kids you are bringing!

9:15-10:15 - CLASSES

- **Growing Garlic** with Marcia Bundi, owner of Bundi Gardens. **\$5**
- **Companion Planting** with Jeannie Bennett, Master Gardener. There are some combinations of vegetables that will grow better and work together in the garden. Planting certain vegetables next to each other can deter insects and/or inhibit or promote growth. Learn the “rules” of companion planting to design your garden and have better success! **FREE**
- **Growing A Little of Everything** with Amy Grisak. Growing vegetables from A-Z. Learn tips and techniques to successfully grow everything from artichokes to zucchini in central Montana. (Amy Grisak is a freelance writer and photographer specializing in gardening, cooking, and sustainable lifestyle topics - amygrisak.com) **\$5**
- **Documentary Movie – (free)**
 - ***From Gangs to Gardens*** - Organic gardener and vegan chef Itef Vita is an award winning international recording artist and activist who uses Hip-Hop culture to inspire young people to connect to the earth by teaching them how to grow food and cultivate healthy eating habits. Through his lyrics and gardens, Itef is planting the seeds of the food movement extending from his hometown of Denver Colorado to across the globe. (13 minutes)
 - ***Joanna Macy & The Great Turning***
Illustrated with beautiful footage shot around the world, the film is at once sobering, insightful, and inspiring. **The Great Turning** is ultimately a call to take part in this new “great adventure” to help create a more life-sustaining world. (26 minutes)

10:30-11:30 - CLASSES

- **Growing Garlic (repeat)** with Marcia Bundi, owner of Bundi Gardens. **\$5**
- **Companion Planting (repeat)** with Jeannie Bennett, Master Gardener. There are some combinations of vegetables that will grow better and work together in the garden. Planting certain vegetables next to each other can deter insects and/or inhibit or promote growth. Learn the “rules” of companion planting to design your garden and have better success! **FREE**
- **Natural Health Resources** with Donna Hartelius, owner/operator of A Healthy Horizon. It’s a health revolution...inform yourself, monitor yourself, grow it yourself, care for yourself. Eat, move, sleep and smile yourself into a healthy person. **FREE**
- **Documentary Movie –(free)**
 - ***Edible City*** is a documentary film that introduces a diverse cast of extraordinary characters who are challenging the paradigm of our broken food system. The film digs deep into their unique perspectives and transformative work, finding inspirational, grass-roots solutions based on growing local food systems and economies. (55 minutes)

11:45-12:45 - CLASSES

- **Good Posture Can Set You Free** with Pam Quinn, owner of Yoga Wellness Center. Come learn from the tools of YOGA how to bring balance, ease, and joy back to your being. A fundamental class of understanding how your posture is creating imbalance, chronic pain, and fatigue physically, mentally, emotionally. **FREE**
- **Bokashi Bucket Composting** with Mike Dalton, Executive Director of Sunburst Unlimited, Inc./Gardens from Garbage. We waste about 25% of the food we purchase by letting it go bad or not eating all the food we prepare. By using the Bokashi Food Waste Recycling System you can turn your food (and other) waste into a nutrient-rich material for your garden, flowers, or houseplants. **FREE**
- **Edible Landscaping:** Lonnie Hill, Landscape Designer with Forde Nursery. A look into incorporating edible plants into your landscape, including common plants you didn't know were edible! **\$5**
- **Healthy Snacks for Kids** with Rhonda Adkins, educational director and chief cook at Bella Cucina in Pizazz, Great Falls. School and playing is hard work, it burns up calories fast, especially with kids. Children need snacks to keep them going. Rhonda Adkins, mom of 6 and cooking school instructor will inspire you to get creative with snacks. We're not talking just cookies and milk; this class will focus on easy and most importantly healthy snacks! **\$5**
- **Documentary Movie – (free)**
 - **Lawyers, Guns & Honey (from Docuseries ROTTEN)** With demand for honey soaring just as bees are dying off in record numbers, hidden additives, hive thefts, and other shady tactics are on the rise. (54 minutes)

12:45 – 1:45 (LUNCH and more)

- **LUNCH** pick-up at the registration desk (if you ordered from Great Harvest via the website)
- Visit the vendors and sign up for door prizes
- 1:15 Vendors will award **DOOR PRIZES** in Heritage Hall

1:45-2:45 - CLASSES

- **Bokashi Bucket Composting (repeat)** with Mike Dalton, Executive Director of Sunburst Unlimited, Inc./Gardens from Garbage. We waste about 25% of the food we purchase by letting it go bad or not eating all the food we prepare. By using the Bokashi Food Waste Recycling System you can turn your food (and other) waste into a nutrient-rich material for your garden, flowers, or houseplants. **FREE**
- **Edible Landscaping (repeat)** with Lonnie Hill, Landscape Designer with Forde Nursery. A look into incorporating edible plants into your landscape, including common plants you didn't know were edible! **\$5**
- **Tincture and Salve Making** with Jennephyr Reich-Sterling. Learn the “simpler” method for making homemade tinctures and salves. Learn these two basic herbal product making skills that will provide the participant with a lifelong abundance of healing plant remedy possibilities and cost savings. **\$5**
- **Documentary Movie – (free)**
 - **Food Stamped** is an informative and humorous documentary film following a couple as they attempt to eat a healthy, well-balanced diet on a food stamp budget. Through their adventures they consult with members of U.S. Congress, food justice organizations, nutrition experts, and people living on food stamps to take a deep look at America's broken food system.