

SPEAK GREEN — 2016 GREEN FAIR SEMINARS

10:30 a.m. – ROSE & CROWN APOTHECARY

Learn how to make a First-Aid Salve using plants grown locally. Join Patricia Immel, licensed acupuncturist and herbalist, as she shares her passion to help people connect with the healing power of nature. This presentation is sponsored by Rose and Crown Apothecary.



11:15 a.m. – NCAP

NCAP works to protect communities, inspire solutions and reduce pesticide use. Our health and communities are worth protecting from harm. A healthy climate, clean air, water and soil are incalculable in their value to all of us. Without them our very survival is at risk. According to the Environmental Protection Agency, more than 1 billion pounds of pesticides are used annually in the United States. This includes insecticides, herbicides, rodenticides, fungicides and more. The phrase "Break the Billion" is a thread that runs through all of NCAP's work. It reminds us that everything we do, small or large, to choose healthier alternatives over pesticides leads to fewer pesticides used and less risk and harm caused.

12 p.m. – ADAPTIVE SEEDS

Adaptive Seeds was established in 2009 by Andrew Still and Sara Kleegeer. We are a farm-based seed company near Sweet Home, Ore. We steward rare, diverse and resilient seed varieties for ecologically minded farmers, gardeners and seed savers. Most of our seed is adapted to the Pacific Northwest and other short-season northern climates. We sell only public domain, open pollinated (OP) seed, as well as many diverse gene pool mixes. All of our seed is grown by us or a few regional friends who help with isolation needs.



12:45 p.m. – LAUREL BAY GARDENS

Laurel Bay Gardens provides award-winning commercial and residential landscaping, an extensive selection of native and other eco-friendly plants, a garden center with home and garden décor, barks, proprietary soils and soil amendments and a highly trained staff of nursery and landscape experts. We will help you create outdoor spaces for relaxation or entertaining with beautiful

plants, patios, water features, fire pits, outdoor lighting and irrigation systems.

1:30 p.m. – FLORENCE COMMUNITY GARDEN

A community garden is one that people come together with a sense of community to work together to provide food for themselves and their families. We all work hard to prepare the soil, plant, fertilize, water and weed our individual beds in order to produce food that we can eat fresh and/or preserve for later use.

2:15 p.m. – WELLSPRING CLINIC

Are you curious about acupuncture? Come learn what this fascinating, effective and safe medicine can do for you and how a collaborative healthcare model creates healthcare sustainability. Patricia Immel, licensed acupuncturist and herbalist, will be presenting. Sponsored by Wellspring Clinic.

3 p.m. – TRACY'S PERSONAL TRAINING

College-certified fitness specialist and certified biomechanics specialist Tracy Markley will speak about true core function and balance. Learn how muscles all work together to function the rest of the body to be at its best. She will be sharing the latest updated science studies.

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