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BACK TO THE BASICS

Colleen Anderson & Joyce Kaping, authors of *Eating Pure in a Processed Foods World™*, mentor individuals in the Back to the Basics class on how to grow, preserve and prepare pure food. You choose one of the 39 fruits and vegetables (in season) found in our book for your group's presentation.

At Farm Girl Fresh, we believe nutrition starts from the ground up. We invite the audience to participate in how to grow healthy plants using the best growing practices and techniques.



GROW IT

Preserving isn't a thing of the past, its gaining popularity fast! We discuss the different preserving options (canning, freezing and dehydrating) and what works best for each fruit and vegetable.



PRESERVE IT

Preparing pure food is a lifetime investment for better health. We share helpful tips on how to save money and time as we prepare one of our recipes with the help of audience participation.



PREPARE IT

Follow us at FarmGirlFresh.com