

Farm, Food, Health Workshop



*at S&S Homestead Farm,
June 26-28, 2015*

This month's workshop will explore the intersection of holistic medicine and biodynamics in producing nutritionally whole, lifegiving food able to secure the robust health now eluding most Americans. Dr. Roy Ozanne, a homeopathic physician associated with S&S Homestead Farm, will explore the causes of the current epidemic of degenerative disease and general ill health in modern society, and point to timeless solutions in traditional foodways. The workshop will show that nutritional health begins with healthy soils and make the connection between quality of food, quality of life, and biodynamic farming and gardening. The workshop will feature farm-grown foods, starting with dinner on Friday night and ending with breakfast on Sunday morning.



Cost: \$200 (including five meals and lodging) . [Register here](#)

Transportation: Carpool provided from the Lopez Island Ferry terminal to the farm

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