

Medicinal Use of Herbs
Quiet Creek's
Sustainability Intensive Seminar

October 7, 8 and 9
Weekend begins at 3:00 p.m. Friday and ends at 4:00 p.m. Sunday

What to Expect at Quiet Creek?

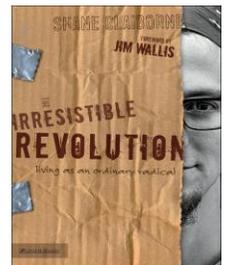
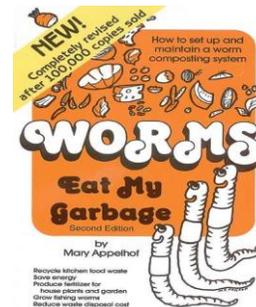
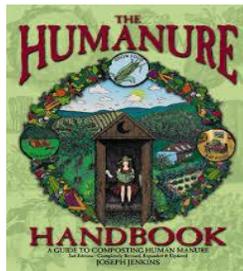
At Quiet Creek, you can expect to become stewards of the farm with us while you're visiting. This means that you will contribute in shared work and also the shared sense of accomplishment that comes from this work. Accommodations will be shared, and we asked that you keep showers brief. Additionally, we adhere to "Humanure Composting" so you will get to experience this during your stay at Quiet Creek. Lastly, please come prepared to journal about our learning experience.

Food Preferences:

At Quiet Creek we love to eat free-range, sustainably- raised, tenderly-fed, and passionately prepared vegetables, fruits, grains, cheeses, and meats. We are all about SLOW FOOD. We honor how you nourish your bodies. Please let us know if you have any life threatening food or bee allergies, and/or if you prefer vegetarian, vegan, or "opportunivore" meals! We look forward to breaking bread with you.

Optional Booklist:

- 1) Humanure Handbook - Joe Jenkins *
Available free online *
 - http://humanurehandbook.com/downloads/humanure_sanitation_paper.pdf
- 2) Worms Eat My Garbage - Mary Applehof
- 3) Irresistible Revolution - Shane Claiborne
Herbal



Required Packing List:

- Water bottle
- Flashlight or headlamp
- Towel
- Toiletries * Handmade soap will be provided *
- Bedding: Sleeping Bag and Sleeping Pad
- Gardening-type clothing/shoes/gloves
- Journal and pen

Optional Packing List:

- Mountain bike and helmet * We also have them available at Quiet Creek *
- Musical Instruments
- Exercise/yoga mat
- Exercise clothing
- Bible * There will be opportunities for Christ centered worship *
- Books * Consider bringing books to share with others *

