

# MEADOWLARK HEARTH

## Living Environment Foundation 501c3

Organic Vegetable Seeds: [www.meadowlarkhearth.org](http://www.meadowlarkhearth.org)  
education, charity and research: [www.livingenvironmentfoundationne.org](http://www.livingenvironmentfoundationne.org)

### CLASSES meet at the farm: email us to register

- **Hiking in Wildcat Hills with Nathan Corymb, master naturalist**, April 22, May 13, June 10, July 22, August 12 meet at farm at 3 pm, hike lasts until 7 pm, *Learning to know our wild lands that surround us*. Bring water, snacks & clothing for a vigorous 4 hour hike.
- **Saving Seed classes @ the farm 2-3:30: biennials-April 16, botany of vegetables**, July 18 See the vegetables in full bloom including carrots!
- **Planning your garden:** Sunday Mar 26, 3 pm gather in our living room to think about your garden plans with help thinking about quantities and qualities of plants
- **Gardening Classes 3<sup>rd</sup> Sunday of month, April-October 3:30-5 pm @ MH farm**, plus consulting when needed with Meadowlark Hearth crew, Email us for the topics we are covering. \$10/per class or \$50 for 8 classes

### EVENTS: at Meadowlark Hearth Farm

**Talks with conversation by Dr Trina Aguirre, RN PhD, 3: pm @ MH farm:** **May 7:** Food Driven Health, **June 3:** Organic Food, why it Matters, **July 8:** Eating for Health at the Cellular Level, **Aug 26:** The Path of your Food Journey,

**May Plant Sales: each Friday of May 4:30pm-6:30 pm**

### **Seed Festival on farm Sept 3**

Harvesting, threshing and cleaning techniques by hand  
And dancing on the seed. Something for everyone, bring family and friends  
(come camp before and after to enjoy Meadowlark Hearth area)

### **Ancestral Skills Weekend**

Camping on LEF riparian wilderness area and learning new skills  
at Meadowlark Hearth Farm, email with questions and interest  
Oct 27-Oct 29 reservations required

All people coming to farm for classes or events must sign a safety waiver.

**SPACE LIMITED REGISTER ASAP: let us know your interest!**

Email [meadowlarkhearth@gmail.com](mailto:meadowlarkhearth@gmail.com)

or call 308-631-5877

Meadowlark Hearth Farm for  
Meadowlark Hearth Living Environment Foundation  
120024 Everett Drive  
Scottsbluff, Ne 69361



Meadowlark Hearth