

Open to everyone!

REAL FOOD POTLUCK



Hosted by our local chapter of the

Weston A. Price Foundation

for

WISE TRADITIONS in food, farming & the healing arts

Come & meet like-minded folk
who CARE about:



- Sourcing local, pasture-centered meat •

- Raw dairy •



- Soaking, sprouting and souring grains, nuts & seeds for optimal nutrition



- Fermenting for probiotics and gut health •

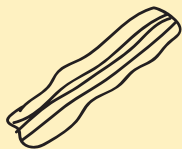
- GOOD animal fats •



- Nose-to-tail butchery •



- Bio-dynamic farming •



- Bone broth & organ meats •



AT | Heritage Goods & Supply,
5100 Carpinteria Ave

ON | Sunday, November 11,
@6:00pm

Bring a dish to share that follows WAPF core values, & bring your plates/utensils! We'll try and make this a zero-waste event!