

# Workshop at Sky Mountain Institute



Sprouting for Health!  
Saturday, January 21st 2012  
1 p.m. to 4 p.m



Ever wondered how to grow your own healthy, nutritious and delicious sprouts? This workshop will:

- \* Provide a 'hands on', practical and easy guide for beginners
- \* Explain why sprouts are considered a miracle food
- \* Let you have fun making delicious sprout recipes and eating them!
- \* Find out how sprouts can help you to lose weight and feel great!

LOCATION: 2842 Country Club Drive, Harmony Grove-Elfin Forest Area, North County, San Diego; home of Lali Mitchell and location of Sky Mountain Institute's demonstration Center for Local Food Systems and Eco-education.

TO REGISTER: Contact Alden or Ann Hough by email at [permaculture@skymountain.org](mailto:permaculture@skymountain.org) or phone: (760) 745-9819 for more information. Registration: Spaces limited so early registration recommended. Suggested donation \$20.



Alden is a graduate of the internationally renowned Center for Agro-ecology and Sustainable Food Systems program at the University of California, Santa Cruz. Following an extended period of travel in Asia, Alden found that traditional farming practices had been largely abandoned and replaced by the globalization of Western agriculture. This was a wake up call, seeing that even in the most remote areas of India,



hybrid seeds, chemical fertilizers, and pesticides were the norm. He began to dedicate his path to organic gardening practices, regenerating the soil, social justice, and acting as if the earth really matters.