

# Food, Farming & the Environment

Our Water, The Willows and What We Eat

Register at: [www.cowsandfish.org/whatsnew/events](http://www.cowsandfish.org/whatsnew/events)

**Connect with the source of your food:**

**Date**

June 18, 2010

**Time**

9:30 am to 4:00 pm

**Location**

Don & Marie  
Ruzicka's at Sunrise  
Farm, Killam, AB

Approximately 45 min east of  
Camrose. A map will be provided to  
all registered participants.

**About Us:**

[www.cowsandfish.org](http://www.cowsandfish.org)  
[www.sunrisefarm.ca](http://www.sunrisefarm.ca)

**Join Us!**

Join us for this wonderful event connecting food consumers, producers & environmental conservationists from the Alberta non-profit, Cows and Fish. Learn how Sunrise Farm nurtures healthy land, grows wholesome food and practices enduring stewardship.

Please bring appropriate clothing for the weather, including rain coat, boots, sunscreen & hat.

**Lunch Provided**

**Please Pre-Register by  
June 11, 2010**

**Cost: \$50.00**

Register early – space is limited  
Registration non-refundable after June 11<sup>th</sup>.  
One workshop attendee will win 1 night in  
Ruzicka's cabin retreat, with brunch.

**For more information:**

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