

Healthy Food Systems

hosted by The Waterloo Region Food System Roundtable



Heritage Seeds & Bees in your Garden

with Bob Wildfong, Executive Director, Seeds of Diversity Canada

Grow produce that is more delicious, nutritious and planet-friendly by gardening with diversity! Learn how to find and grow over 3000 varieties from heritage seeds produced by backyard gardeners all across Canada. Take home a few seed samples and learn how to pollinate your garden by attracting non-stinging native bees.

Tuesday, January 31 at 6:30 pm

Forest Heights Library



Local Agriculture: Join In!

with Wolfgang Pfenning, Pfenning's Organic Farms

Candace Wormsbecker, Transpire Organic Farm & Wellness

Farmers, restaurants, stores and government are all working to keep local agriculture in Waterloo Region strong. But more needs to be done if we want a thriving and sustainable food system! Learn how YOU can become part of the change.

Tuesday, February 28 at 6:30 pm

Forest Heights Library



Get Local - It's Delicious!

with Steve Martin, Martin's Family Fruit Farm

Locally grown food is better for your health, better for the environment, and the right choice to support Waterloo Region farmers and producers. Steve will help everyone attending to "Get Local." Learn why it is important to eat this way, where to find local food and how to select top-quality foods in season.

Tuesday, March 27 at 6:30 pm

Forest Heights Library

www.kpl.org

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Forest Heights Library

251 Fischer-Hallman Road
519-743-0644



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