

What IS Making our Children Sick? **Michelle Perro, MD, DHom** of Fairfax, California, will address this very important topic during the noon hour. After lunch, **Dr. Perro** will hold a Q & A Session in the Farmstead Tent.

In the **Homemakers** tent, a *ladies' panel* will share tips on making healthy food choices at social gatherings.

Take a pasture walk with silvopasture expert **Austin Unruh** and farm owner **Melvin Stoltzfus** to see how he manages his grazing operation. (Meet in the Demo Tent)

Taron J. Fletcher BSc, a senior product specialist and scientist at Hardy Nutritionals, will share his 22 years of vitamin and mineral research, helping us to understand Dietary Reference Intakes and practical applications of broad-spectrum supplementation for mental health.

Joel Salatin will return for his final session offering farmers twelve principles to help create the farm you love.

In the **Human Health Tent**, the **Wellspring Care Team** will discuss the power of preventative health care.

Come to the **Demo Tent** to watch sheep herding and shearing.

Be sure to come to the **Horse Arena** to find out how **Henry King** prepares a horse to be caught. Now that you caught your steed, learn from **Mike Smucker** how to prepare your horse for saddle or harness.

You've now caught and harnessed your horse. Would you like to help him accept the bit? **Shortie Dave** will show you how. We've caught and harnessed our mount, and he willingly accepts his bit, now we're ready to learn some advanced riding techniques with **Mark Smucker**. Enjoy the Ride!

Learn from equine chiropractor **Terry Hatfield**, techniques to keep your trusty steed aligned and in tip-top shape!

Lets Learn Together!



We will be providing:

- Educational seminars
- Homemakers advice
- Farmstead ideas
- Children's activities including a Petting Zoo and Corn Box
- Healthy baking, Vegetable Growing and a whole bunch more!

Food will be available by donation.

If the donations exceed the cost of the event, then the proceeds will be donated to a local cause that is likewise putting forth effort to assist people towards good health by teaching and recognizing good stewardship of God's creation.

Mission Statement:

We endeavor to provide an educational basis that promotes down to earth ways to bring forth nutrient dense food for homesteaders and farmers alike, while supporting sustainable and simpler lifestyles that promote cohesive, economical, and healthy, rural living skills. Enabling future generations to farm with a positive attitude and a strengthened motivation.

All event attendees enter at your own risk.
We will not be held responsible for accidents.
Activities are subject to change without notice.

This is an educational outreach of CARE (Communities Alliance for Responsible Eco forming).
For CARE members and guests, all rights reserved without prejudice.

If you have any questions concerning the event, please call 717-345-2684 ext. 827



This year's event will be held at:

**The
Melvin Stoltzfus
Farm**

199 Brick Mill Road
Christiana, PA 17509

**July 28th &
July 29th, 2022**

Friday 4PM to 8PM
Saturday 8AM to 4PM
(rain or shine)