

SATURDAYS IN NOVEMBER

Natural Living – Using as Few Chemicals as Possible in Our Daily Choices with Stephanie Poetter

Saturday, November 5 — 10 AM to noon

Enrollment closes on: Wednesday, November 2, at 5PM

Cost of class: \$20 or these two classes of Stephanie's for \$35

You hear what the health and nutrition experts are saying about ingredient labels these days, “If you can't pronounce it, you probably shouldn't be eating it”. That logic holds true for what goes in your body, as well as **on** your body. Our skin is our largest organ, and it absorbs everything you put on it by transdermal absorption — the way nicotine patches work. Come enjoy a talk with Stephanie Poetter about some of the ingredients being used in the big brand products that we should be avoiding, and learn how to easily make your own, or find local makers that do.

How to Make Apple Cider Vinegar with Stephanie Poetter

Saturday, November 12 — 10 AM to noon

Enrollment closes on: Wednesday, November 9, at 5PM

Cost of class: \$20 or these two classes of Stephanie's for \$35

Probiotic, antibacterial, antifungal, antiseptic, and full of enzymes. What are we talking about? Apple cider vinegar of course! Come learn how to make ACV and other fruit vinegars from scratch so you can enjoy all the amazing health benefits at home for the fraction of the price of a good, small batch vinegar. Whether drinking for health, using as a marinade, or splashing on fresh salad, you will love having your own vinegar on hand. Vinegar starters will be available for purchase to help you get started making vinegar sooner.

Also on November 12 – just for KIDS

Story Time and Imagination Circle

Saturday, November 12 — 10 to 11:30 AM OR 1:30 to 3PM

Enrollment closes on: Wednesday, November 9, at 5PM

Cost of class: \$30 per student

Come join us at Galaxy Arts for a program filled with fun and learning for children ages three through nine years old. We'll tell stories, use sign language, sing songs, enjoy puppets and maybe even do the hokey pokey! All programs focus on early literacy and a love of learning.

Instructor: Stephanie Poetter, Locally Good Farm

Locally Good Farm is comprised on Stephanie, Patrick and Finnegan Poetter. The farm sits on twelve acres just outside of Burnsville, NC, and was established in the spring of 2015.

They produce duck eggs, small batch apple cider vinegar, other fruit vinegars, bath and body products, produce including mushrooms, baked goods, and seasonal prepared food.

They are currently expanding vinegar production, teaching classes, and cleaning up the land so they can host farm tours and dinners.

Stephanie and Patrick moved here from Kansas City and as soon as they moved here, two and a half years ago, they knew they were home.



Instructor: Andrew Thompson

Andrew has been working with children for twenty-five years and has worked in Nashville Public Library system for fifteen years. His background is in education and early childhood development including a stint with InterAct, a group specializing in deaf