

From Our Table to Yours:

A half-day event offering hands-on activities and practical information on a timely topic.

The Alton L Collins Retreat Center is well known for offering delicious, nutritious food with an eye toward earth friendly practices. Our attempts to bring these practices to the Retreat Center kitchen and table have created a basis from which to share our passion for stewardship. Beginning this Spring, we are offering practical workshops for individuals and families who want to create space for more sustainable practices in their own homes.

On Mother's Day weekend the Retreat Center is offering a half-day program for individuals and families interested in using more locally grown food and creating more sustainable practices in the heart of the home, the kitchen.

- Learn from the *Simply in Season*; a World Community Cookbook and other resources through hands-on time in the kitchen and discussion around nurturing your faith, your spirit, and your family.
- Reflect on values around food choices including what it means to be a steward of time and money. This Mother's Day weekend we will consider mothers' love...how do mothers today feed their children? How did your mother feed you, or your grandmother feed her?
- Find an attitude of joy in creating meals that honor the seasons and the earth.
- Walk away with a sense of purpose and commitment to continued stewardship of creation and community.

Join us as we welcome the spring gardening season with a tour of our organic garden. Aspiring and experienced home cooks, group leaders, and kids will find through this experience new ideas, new friends, new resources, and an appetite for the summer to come.

Dates this program is offered:

May 10

11:00am-3:00pm

Cost Per person: \$25.00

Space is limited to 12 participants, so register early!

Includes ½ day retreat and lunch.

Simply in Season cookbooks and the *Simply in Season Children's Cookbook* will be available for purchase for \$21.00 each.

To register, contact the Alton L. Collins Retreat Center; alcrc@cascadeaccess.com or 503-637-6411.

If you would like to schedule this event for your group please contact the Retreat Center.