

Alton L Collins Retreat Center

32865 SE Highway 211
Eagle Creek, OR 97022



Phone (503) 637-6411
www.collinsretreatcenter.org

The Alton L Collins Retreat Center

presents

From Our Table to Yours

A half-day event offering hands-on activities and practical information on a timely topic
Saturday, April 26, 2008
11 A.M. – 3 P.M.

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. The Retreat Center now offers practical workshops for individuals and families who want to create space for more sustainable practices in their own homes.

These half-day programs are for those interested in using more locally grown food and creating more sustainable practices in the heart of the home, the kitchen.

- Hands on time in the kitchen: Learn from the *Simply in Season*; a World Community Cookbook and other resources
- Discuss 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.
- 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.
- Welcome the spring gardening season with a tour of our organic garden.

Aspiring and experienced home cooks and group leaders will find through this experience:

- New ideas,
- new friends,
- new resources,
- and an appetite for the summer to come

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.

To schedule this event for your group please contact the Retreat Center.