



Farm Tour, Luncheon, & Learn to Sprout Class

See/Learn about what we're growing

Sat. Apr 8th 9:30am - 2:30pm

Sunlight Yoga 8:45-9:30 (optional add \$5)

To be held at 12571 Aubrey Ln Bokeelia – Pine Island (2.5 miles north of 4 way stop)

Start your day with some Yoga in the sun followed by a tour of our farm, a class that will show you how easy it is to add lots of nutrition for just pennies and a sit down luncheon (vegetarian) with multiple dishes made from what's growing on the farm.

Fresh sprouts, greens, fruit/veggies, and sprouting supplies will be available so you can taste and purchase your favorites. **Cash/Check appreciated.**

Space Limited **RSVP by Wed 4/5** Tour/Luncheon/Class Fee **\$35**

Call Chris @ 239 849-0639 or email: sprouts@thesproutqueen.com to reserve your space.