



# Flagstaff Ecoranch and Hermosa Vida

invite you to our  
Bed Building Bonanza  
Potluck

Help Grow Our Local Food Network

**April 12th 9 am - 4 pm**

Support Your Local Community  
Food, Workshops, Education  
and Fun for the Family

6685 W Leonard Ln  
Flagstaff, AZ 86001

## Bring Food...Leave With Knowledge

If you can, bring food scraps for composting workshops (fruit/veggie scraps, coffee grounds, tea, eggshells, grains...no meat/dairy products please) a Potluck dish for lunch, both, or just yourself.



## Leave Your Labor...Watch it Grow

This collaboration is designed to grow food at the Ecoranch and be sold or donated to the Flagstaff community through Hermosa Vida. Your hard work will help people obtain healthier food while promoting sustainable agriculture.

## Share, Learn, Teach...Build Community

While working, meet others with similar interests, learn to garden, to compost, share your knowledge with others, or just be a part of something exciting in Flagstaff.

## Come and Go as You Please...Try to Carpool!

9 - 12 Work in Fields

11 - 12 Composting Workshops  
vermicompost - Roots Compost

12 - 1 Potluck Lunch

Local Alternative  
Thomas Byers Guitar Studio

1 - 4 Work in Fields

3 - 4 Window Garden Workshops  
Flagstaff Foodlink - Free Seeds!

Any yard tools you can bring would help;  
shovels, rakes, pick axes, hoes.