

FREE "FARMER TALK" SERIES

Kickoff Talk: How to Avoid Toxins in Everyday Food

When: Friday, December 13, at 4 PM

Where: Willow Haven Farm General Store
8150 Hamilton Blvd, Breinigsville, PA 18031

What You'll Learn:

Discover the hidden toxins in everyday food and how to make healthier choices for you and your family. This actionable and engaging talk will equip you with practical tips to shop smarter and eat cleaner.

Hosted by: Farmer Reuben

With years of farming experience, Farmer Reuben will share his expertise on how to protect your health and make informed decisions at the grocery store.

Save the Date for More Talks:

Wednesday, December 18, 4 PM:

3 In-Season Vegetables and Why You
Should Eat Them

Saturday, December 28, 1 PM:

Healing Foods for the Gut

We're here to help you live healthier!

