

**CSA MOVIE SHOWING:  
FOLLOWED BY SPEAKER**

**INGREDIENTS  
LAURA**

WHEN: Friday, February 19

TIME: 6:30 – 8:30 PM

WHERE: Buchan Reception Hall  
First Unitarian Church  
SW 12<sup>th</sup>, & Main St.



TICKETS: Event is open to the public  
Donation of \$5 suggested but no one turned away

FOOD: Organic food and snacks will be available  
*(snack or light meal, depending on numbers)*

**What we eat and where it comes from are critical components of our health and have serious impacts on the environment.**

Come learn more about Community Supported Agriculture or CSAs through a viewing of the locally made movie *Ingredients* followed by speaker and urban farming champion *Laura Masterson*. Laura has been working for her dream of urban farming for years and works on the 47<sup>th</sup> Avenue Farm located here in Portland.

*LEARN.....what CSAs are and where they are located*

*how you can get better food on your table*

*how this movement protects and enhances the environment*

*the process, costs and options available to you at CSAs*

**COMMUNITY SUPPORTED AGRICULTURE!**