

NW Permaculture Institute

Earth Care, People Care, Future Care

March 13, 2019 @ 6:30pm

This months speaker is : Jeff Johnson

“The Wonders of Ashwagandha“

Jeff Johnson of Portland Ashwagandha will present about the Queen of the herbs of the Ayurvedic traditions of India. Find out why this is the favorite herb of many for calm strength, grounded focus, and deep restorative sleep.

There will be Ashwagandha to taste and a seeds available for you to grow it yourself.

Learn about the farm and how we can use plants to strengthen our communities and reduce stress with this amazing plant.



If you are interested in restoration agriculture, sustainable gardening, and local solutions:

Come join our latest free film to meet other like minded folk and learn more.

NW Permaculture Institute Free Film and Lecture Series.

Held in Salem every 2nd Wednesday at 6:30 pm

At Salem Friend's Meeting House, 490 19th Street NE (19th and Breyman)

For more information: 971-218-4772 or dianedalychavez@gmail.com

<https://nwpermacultureinstitute.org>