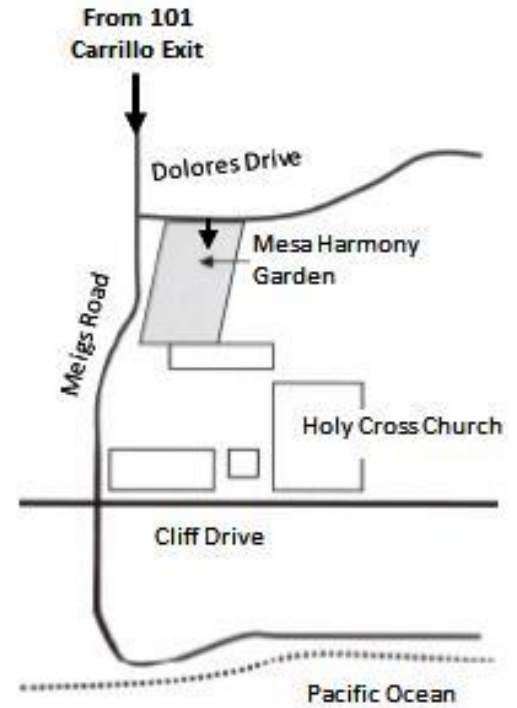


# Mesa Harmony Garden

Saturday Oct 6th, 10am-1pm



**PLANT SALE  
TALK  
CROP SWAP  
POTLUCK**

9am	Doors open for volunteers
10am	Plant Sale & Crop Swap starts
10:30	Talk with Dr John La Puma
12 noon	Potluck lunch
1pm	The end (or a new beginning) ...

## Dr John La Puma

*Can gardening change your brain, body and biome?*

Founder of CHEF Clinic® and ChefMD.



Dr La Puma pioneered culinary medicine in the U.S., taught the first culinary medicine, cooking and nutrition course in a U.S. medical school, and lectured on food and culinary medicine at Harvard and the University of Chicago.

Board-certified in internal medicine, a professionally trained chef and certified California naturalist, he is also a NY Times best-selling author, and co-hosted the national TV series *Health Corner*. His work now focuses on nature therapy to treat common clinical conditions, and he farms avocados, citrus and medicinal herbs and spices on an organic demonstration orchard in Santa Barbara.

More at [www.drjohnlapuma.com](http://www.drjohnlapuma.com)

## OCTOBER 6<sup>th</sup>

- 8<sup>th</sup> anniversary celebration POTLUCK**
- SALE OF plants grown in our nursery**
- TALK with Chef MD Dr John La Puma**
- CROP SWAP and garden exchange**
- MASTER GARDENER help table**
- FOOD BANK collection point**