

September 2023 @ PPI

OUR MONTHLY NEWSLETTER



There's lots growing at PPI.
Like Purple Cauliflower.



and...

YOU pick Gojis! Would you like to
pick your own fresh Goji berries?
Only \$15 a pound.

Contact us for a time.
(406-222-9999)

We have 2 Goji plants left for sale,
\$10 each.

These berries are very high in anti-
oxidants and great for the immune
system.



What the science says about goji berries:

- Protects the eyes (may help reduce the risk of glaucoma...)
- Provides immune system support...
- Protects against cancer...
- Promotes healthy skin...
- Stabilizes blood sugar...
- Improves depression, anxiety, and sleep...
- Prevents liver damage.

Link to more on these
awesome berries:
["7 goji berry benefits
backed by science -
Medical News Today"](#)

Events & More...



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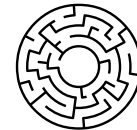
FREE EVENT
FAMILY FRIENDLY

JOIN US FOR PPI'S 10TH YEAR CELEBRATION:
SAT., SEPTEMBER 9TH, 1 TO 3PM

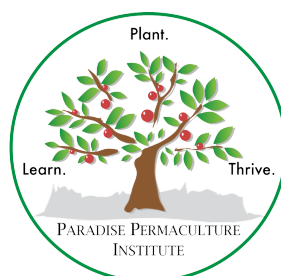
FOOD, MUSIC AND FUN SELF-GUIDED FARM TOUR

TOUR OUR DEMONSTRATION SITE AND HAVE
SNACKS ALONG THE WAY REPRESENTING WHAT IS GROWN IN
EACH AREA

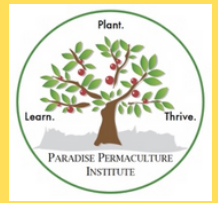
- PICK AND EAT AN APPLE FROM OUR FOOD FOREST
- WALK THE LABYRINTH
- JOIN OR WATCH PANEURHYTHMY DANCING
- SEE OUR CORDWOOD TOOLSHED
- SAMPLE A FREE SMOOTHIE MADE WITH EDIBLE WILD WEEDS
- PPI T-SHIRTS AND TOMATOES ARE AVAILABLE TO PURCHASE



PANEURHYTHMY DANCING FOR 15 MINUTES AT 1:30 AND 2:30
SIMPLE (LIKE FOLLOW THE LEADER), FUN, GREAT EXERCISE,
CONNECTS ONE WITH NATURE



Sign up at ParadisePermaculture.org or Call Mona at 406-222-9999



WORKSHOP

CORDWOOD CONSTRUCTION

THE "OTHER" KIND OF LOG HOME BUILDING.

SATURDAY, SEPTEMBER 16TH, 2023 8AM TO 3 PM \$95

INSTRUCTORS: MILES SIELING, CONTRACTOR AND MONA LEWIS, PERMACULTURIST

Come join us for our second cordwood building opportunity.

Our Toolshed was a success and now we are constructing a Cordwood Composting Dry Toilet.

Learn about sustainable log selection, processing and drying, construction methods, mortar mixing, pointing. Get hands-on experience with an 8'x8' outdoor structure and information for building your own cordwood cabin or home. This dynamic, creative process is great for women, men and at a later date we will hold a children's class.

We will share our alternative plan to city waste treatment plants and standard septic systems, and our safe alternative to creating and managing "humanure."

Both instructors have had experience and on site guidance working with Chris Borton. Chris for 28 years has provided sustainable living education in everything from straw bale/cordwood construction and solar/wind power to organic gardening, composting toilets and vegan living.

Bring your own lunch or dine in Livingston.



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PPI Welcomes Instructor Miles Seiling

Miles Seiling is a contractor constructing a variety of types of buildings. For the last 12 years he has been finding different and creative ways to enhance his projects. He is currently working on houses in Bozeman and Big Sky.



Miles enjoys hiking and woodworking in his free time. We owe the successful completion of our cordwood toolshed to Miles.

Upcoming Events

SEPTEMBER 9 PPI 10 YEAR ANNIVERSARY CELEBRATION FARM TOUR AND TASTING

SEPTEMBER 16 WORKSHOP ON CORDWOOD BUILDING

OCTOBER 1 LOOK FOR A FEATURE ARTICLE ON PPI IN EDIBLE BOZEMAN MAGAZINE

OCTOBER 14 WORKSHOP SEED COLLECTING IN THE GARDEN GO HOME WITH NEXT YEARS SEEDS

JANUARY 27, 2024 11TH ANNUAL SEED EXTRAVAGANZA, SEED EXCHANGE

Would you like to volunteer to see what we are doing close up?

You choose, 2-3 hours per week. We really need help from now with weeding and harvest and into October as there is a great deal to do closing up the gardens for winter. Please contact us.

**Call Mona @ 406-222-9999 or visit
www.paradisepermaculture.org**