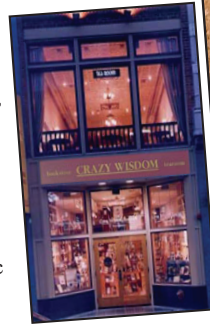


Crazy Wisdom Bookstore & Tea Room

Crazy Wisdom is a progressive bookstore specializing in Spirituality, Psychology, & Integrative Medicine. Browse 200 book categories, from Acupuncture to Zen, Affirmations to Yoga. We also carry... Gifts, Cards, Jewelry, Crafts, Art, Music, Incense, Ritual Items, Candles, Aromatherapy, Body Tools, and Yoga Supplies.



The Crazy Wisdom Tea Room, located on the 2nd floor, is a great place to dine and unwind. The Tea Room offers a large selection of teas, coffee drinks, jet tea, soups, appetizers, entrees, and a fantastic selection of desserts. Vegan items available. Also featured in the Tea Room are Live Music weekend nights (no cover charge), Fairie Teas, Witches' Night Out, Author Events, and Poetry Nights. Free WiFi

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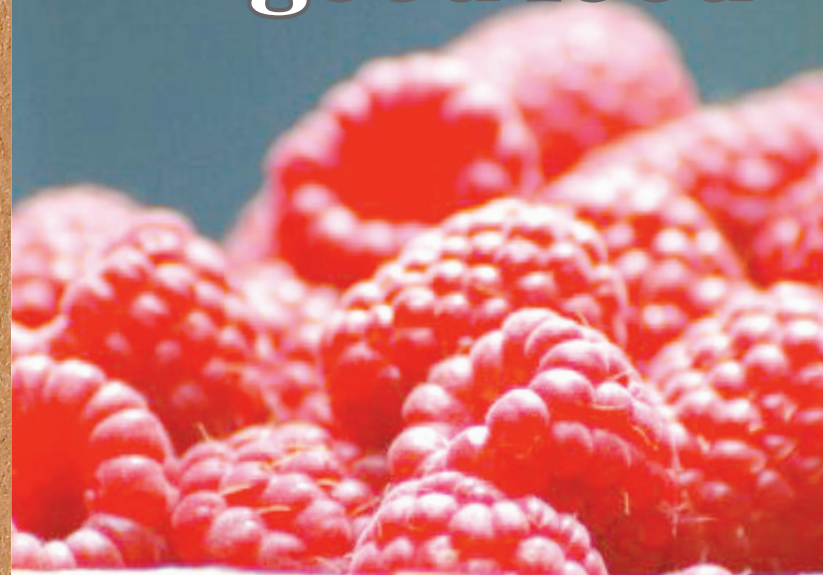


NATURAL AWAKENINGS WELLNESS GUIDE



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HomeGrown Festival
Ann Arbor, MI

September 12, 2009 / 5-10PM / Ann Arbor Farmers Market
homegrownfestival.org

Welcome to HomeGrown Festival '09!

Welcome to HomeGrown, southeast Michigan's celebration of local food and community! Wander the festival and explore the sights, sounds and flavors that make our home unique.

HomeGrown is all about connections. The more we know about our food, where it comes from, the people that grow it and turn it into delicious products, and the people who work to make food available for all - the more we understand the "story" of our food - the more connected we are with our personal and communal well-being.

We make these connections by tasting, by talking, by simply taking it all in. As you enjoy the HomeGrown Festival, we hope you make time to meet folks that share our bountiful foodshed, and discover ways you can become involved in preserving and improving the security of our food system, our economy and our environment.

The HomeGrown festival grew out of the Beyond Sustainability gathering hosted by the Ecology Center in 2006. It has since become the Huron Valley's premier event celebrating our local food system.

HomeGrown's mission is to serve as a catalyst to increase local consumption and production of local, sustainably grown foods and products. We do this by linking farmers, restaurants and retailers to foster a local food economy; highlighting locally owned businesses that are good community and environmental stewards; and by celebrating good food, diverse cuisine and our local food heritage.

Again, welcome, and enjoy this festival that is all about local food and community - things that are truly home-grown!

Schedule of Events

Time	Main Stage	Demo Stage	Other
5:00	FESTIVAL OPENS		
5:00 - 5:45	Billy King		
5:45 - 6:15		Nick Seccia	
6:15	Mayor Heifje Kickoff		Savor Ann Arbor Food Tour*
6:30 - 7:15	First Flight		
7:15 - 8:00	7:45 Danielle Abrams	Farmer Panel	
8:00 - 8:45	Chris Buhalis		
8:45 - 9:15	9:00 Amanda Krugliak	Scott MacInnis	
9:15	Food Awards		
9:20 - 10:00	Ann Arbor Dub Project		
10:00	FESTIVAL CLOSES		

*Savor Ann Arbor culinary walking tour meets at 6:15 behind the Demo Stage

Festival Steering Committee

Shannon Brines (Chair)	Jeff McCabe
Jason Frenzel (Co-Chair)	Laura Meisler
Kim Bayer	Deirdra Stockmann
Rita Conrad	Brad Wicklund
Erica Kempter	

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Matthaei Botanical Gardens

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Downtown Home & Garden

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Original Gravity Brewing Company
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Jackie Wright, Realtor

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McClure's Pickles
Nature & Nuture, LLC
Plum Market

Restaurant & Chef Vendors

A Knife's Work	Pilar's Catering
Arbor Brewing Company	Silvio's Pizza
Dr. Lu's Healing Cuisine	Slow's Barbeque
The Grange Kitchen and Bar	Tranche de Vie Catering
Karen's Homemade Meals & Desserts	Zingerman's Deli

Made-in-Michigan Vendors

Ann Arbor Cooks	Mighty Good Coffee
Bizzy Lizzy's Cookies	Mill Pond Bread
Clancy's Fancy	Pot & Box
Four Corners Creamery	RelaxStation
Maitelates	Roos Roast Coffee
Mama Mofoods	Tasty Bakery

Local Libations

Almar Orchards	Jolly Pumpkin Artisan Ales
Arbor Brewing Co.	Lone Oak Vineyard Estate
Arcadia Ales	Original Gravity Brewing Co.
Atwater Block Brewery	Pentamere Winery
B Nektar Meadery	Sand Hill Crane Vineyards
Cherry Creek Old Schoolhouse Winery	

Musical Guests

Ann Arbor Dub Project	First Flight
Chris Buhalis	Billy King

Special Guests

Danielle Abrams	Nick Tobier
Amanda Krugliak	

Non-Governmental Organizations

Agrarian Adventure • agrarianadventure.org
Ann Arbor City Chickens • a2citychickens.com
Become Healthier • health101.org • livingyoganow.com
Chelsea Community Kitchen • chelseacommunitykitchen.com
Downtown Ypsilanti Farmers Market
 growinghope.net/projects/farmersmarket
Ecology Center • ecocenter.org
Faith & Food • growinghope.net/projects/faithandfood
FridayMornings@SELMA • repastspresentandfuture.org
Food Gatherers • foodgatherers.org
Food System Economic Partnership • fsepmichigan.org
Growing Hope • growinghope.net
Legacy Land Conservancy • legacylandconservancy.org
Linda Diane Feldt, Holistic Health Practitioner • holisticwisdom.org
Migrant Health Promotion • migranthealth.org
People's Food Co-op • peoplesfood.coop
Project Grow • projectgrowgardens.org
Recycle Ann Arbor • recycleannarbor.org
Sierra Club Huron Valley • michigan.sierraclub.org/huron/
Slow Food Huron Valley • slowfoodhuronvalley.org
Spinners Flock • spinnersflock.org
Think Local First • thinklocalfirst.net
Touchstone Cohousing • touchstonecohousing.org
Transition Ann Arbor • transitionannarbor.org
UM Health Sciences Libraries • lib.umich.edu/health-sciences-libraries
VegMichigan • vegmichigan.org
Washtenaw County Public Health
 washtenaw.org/government/departments/public_health
West Side Farmers Market • westsidefarmersmarket.com