



acupuncturekitchen

Marin Spring Plant Walk

with Chinese herbalists **Tamara Falvai, Nikki Fancher and Caylie See**

Sunday, April 25th, 2010

11:30am-1:30pm

\$5-\$15 Sliding Scale



Come out and enjoy the flora and fauna of Spring in the serene and vibrant natural landscape of Tennessee Valley. The herbalists from Acupuncture Kitchen will lead a guided walk along the path to the ocean, and utilize this outing as an opportunity to talk seasonal health tips. You'll also learn how to forage for a wild salad and recognize other edible medicinal plants from your own back yard!

Tennessee Valley is about a ten-minute drive from the Golden Gate Bridge:

- Head north on US-101 N for almost 5 miles
- Exit onto CA-1 toward Stinson Beach/Mill Valley (this is the first Mill Valley exit)
- After .8 miles, take a left onto Tennessee Valley Rd (It is the first left before crossing the bridge. The Dipsea Restaurant will be just ahead on your right)
- Follow the road all the way to the very end, about 2 miles or so. The road ends in a parking lot. We'll meet at a picnic table next to the parking lot.

**Please plan to arrive promptly by 11:30am
so that we can make the most of our time together!**

Sign up at Acupuncture Kitchen, or RSVP to info@acupuncturekitchen.com