

Growing Sprouts: Nature's Superfoods!

Tuesday, Sept. 11, 2018 7-9 p.m.
Newmarket Public Library Multipurpose Room



**With Cathy Nesbitt of
Cathy's Sprouters**

Cathy Nesbitt, of Cathy's Sprouters, is an authority on sprouting. She will be talking about the simplicity of growing sprouts and why they are considered nature's superfoods. Sprouts contain vitamins, minerals, protein and fibre and are hydrating, alkalizing, biogenic, and regenerative. In fact, raw sprouts contain up to 100 times more digestive enzymes than raw vegetables. Don't miss this opportunity to hear from an expert grower and learn why adding sprouts to your life, adds life to your life.

Admission: \$5

Pre-register with the Library's online calendar at www.newmarketpl.ca, in person at the Lower Level Information Desk, or call 905-953-5110 Ext. 4770

A presentation of the
**NEWMARKET GROWS
SEED LIBRARY**

