

THE VISION

Reviving our conviction for current social issues, we will highlight each individual's responsibility to give back to the earth. Earth Haven is an Indigenous based farm certified biodynamic since 2006.

Through the coalescence of people and traditions we are all invited to share in music and dance as we give life to the seed.

Together we will oversee the three sisters to fruition, take home our harvest as well as learn to prepare, save and store seeds to steward these traditions back into our own communities.



THE COMMITMENT

Earth Haven is passionate about building community. We invite you to get involved with other initiatives and events happening at the farm. Planting seeds of generational change starts by living the way we wish to see our world.

Program facilitated rain or shine.

EARTH HAVEN
FARM

PROJECT ITINERARY 2023

SUN. MAY 21

Orientation

Farm Rules / Team Building
Outlook - What To Expect
Meditation & Intention Setting

SUN. JUN. 18
&
MON. JUN. 19

Building Beds & Planting

Plant beans, corn and squash
Songs and dances of Intention in
the garden
River Visit & Campfire

SUN. JUL. 23
&
MON. JUL. 24

Maintaining The Vision

Weeding, Replanting
Deeper dive into the characteristics
and relationship of
The Three Sisters Crops

SUN. AUG. 20

Commune & Fortify

Fencing and Fortifying
Pollinating corn, Weeding
Feeding The Soil

SUN. OCT. 1
&
MON. OCT. 2

Harvest

Timing and Techniques
Season in Review
Celebration & Recipe Share

SUN. NOV. 12

Preparation & Preparedness

Last Harvest & Winnowing
Sort, Clean and Save Seeds
Share and Donate Harvest
Seed Legacy Discussion



SPACES LIMITED

For more information please visit
www.earthhaven.ca

EARTH HAVEN
FARM

FOOD
SOVEREIGNTY
PROJECT



Earth Haven farm presents

Our second annual food sovereignty project - hosting 1-2 days / month immersives on planting, growing and caring for the three sisters (corn, beans, squash).

Participants, through the season, will build lasting friendships and journey together, building upon some of the oldest traditions of food and the earth.



- Course capacity- 20 people
Spaces limited - Register soon!
Please email sovereign team leads to register.
Enrolment is for the entire season.

Classes are 1-2 days and run from May - November 2023. (6 visits in total)
Course fee- \$1,500/person CAD

- Lunch and Dinner included in course fee - farm fresh meals prepared at Earth Haven Farm.

Optional overnight camping experience allowed during two-day workshops.

All sovereignty days: 9am - 5pm followed by planned social activities.



Upon enrolling, you will receive a welcome package with instruction on how to prepare for this experience.
Get ready to plant your way to sovereignty!

ENROLMENT DETAILS

Minimum - 50% of course fee required for program enrolment.

Remainder of fees must be paid in full before start date of project.

All payments are non-refundable.

To discuss program details or individual financial need, contact the Sovereign Team leads.

Payment can be made via e-transfer to info@earthhaven.ca
note: "Food Sovereignty Registration"

SOVEREIGN TEAM

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