

Veggies, herbs, sweetgrass,  
& more!



Food Is Our Medicine  
HEALTHY FIRST NATIONS

# PLANT SALE

STARTING AT 9 AM  
SATURDAY, MAY 16, 2015

*To be held simultaneously at:*

**Allegany Community Center, Salamanca, NY**

3677 Administration Drive, Salamanca, NY 14779

**Cattaraugus Community Center, Irving, NY**

12767 Rt. 438 Irving, NY 14081



For more info please contact Amanda by phone at (716) 532-4900  
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**All proceeds to benefit the  
Food Is Our Medicine  
Project**

Seneca diabetes foundation  
Strong in spirit. Strong in body.

