



Farmers, Food Producers, Chefs & Community Members:

Please Join Virgin Islands Good Food for a

Free 2-hour Workshop on  
**FREEZE-DRYING** for **FOOD SECURITY**

**ST. THOMAS**

Mon  
July  
28

Bordeaux  
Farmers' Market  
*109 Bordeaux*

1:00pm  
to 3:00pm

**ST. CROIX**

Tues  
July  
29

Sejah Farm  
of the VI  
*9P Castle Burke*

5:30pm  
to 7:30pm

**Hands-On Workshop to Learn About Food Preservation & Storage:**

- ✓ Freeze-Drying Techniques for Raw & Cooked Food (mangos, okra, soups, more!)
- ✓ Long-Term Food Storage Strategies & Off-Grid Preparation Techniques
- ✓ Live Demonstration on Reconstituting Preserved Food



Space is limited and **RSVPs ARE REQUIRED.**

Email [nicole@goodfoodvi.org](mailto:nicole@goodfoodvi.org) or text/WhatsApp 340-727-6592  
with your Name, Island, and "Freeze-Dry"

