

Suncoast Tropical Fruit and Vegetable Club
Meeting Notice

Next Meeting: Wednesday, August 10, 2016
Where: Main Room Nokomis Community Center
234 Nippino Trail East, Nokomis, FL 34275
Agenda: 6:30 pm Chat and Tasting Table
7:00 pm Introduction and Presentation
8:30 pm Plant Raffle

Speaker: Cristina Babiak MD

Topic: Homegrown Medicine

Around the world, since the dawn of mankind, people have looked to plants and nature to cure all manner of illness. Plants provide us with basic requirements such as food and oxygen but plants also offer medicinal benefits. Medicinal knowledge has been passed down and expanded upon as our understanding of science and the human body has deepened. Homegrown medicine gardening is empowering, exciting and a beautiful addition to any yard.

The speaker for our August meeting is Cristina Babiak MD. Tina began working as a Family Physician in Florida in 1980. She was Board Certified in 1982. With a passion for teaching self care and food as medicine, she integrated complementary medicine with full modern medical-surgical office patient care for whole families. In 2005 she gave away her office to a free clinic and moved her work to her home office to consult with people who want to find the cause of their illness and heal without drugs and surgery.

Dr. Babiak has over 30 years' experience using, learning and prescribing plants for medicine. Tina will lead a discussion on medicinal uses of herbs, flowers, fruit and trees we grow in our yards. She will use the plants she grows in her garden in Englewood to start the discussion.

If you have any drinks or food from your garden that you use as medicine, bring them to the meeting to share with members.