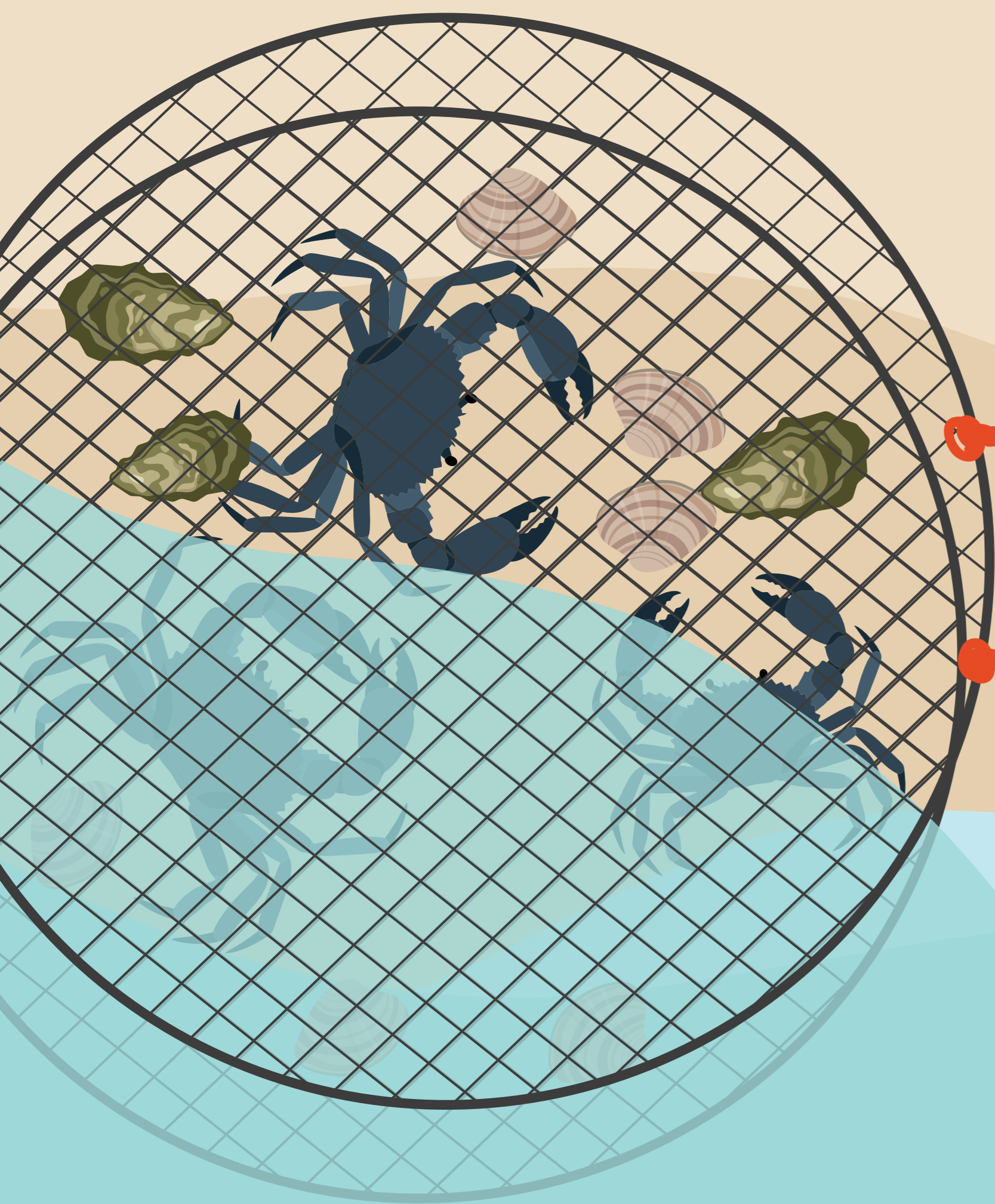




# Eat from the LAND AND SEA

Hunting, fishing, gardening and gathering...  
all good ways to stay healthy and strong



Scan for more  
information

