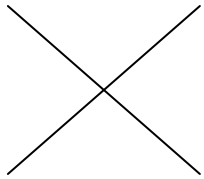
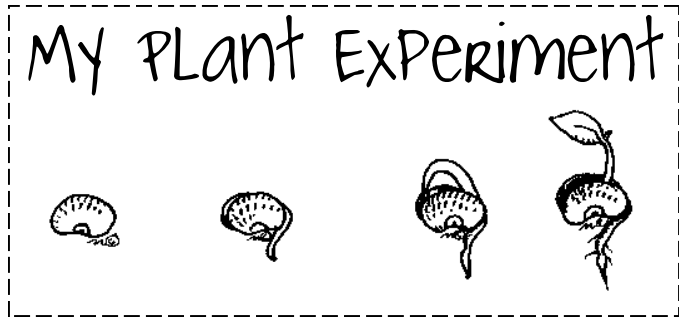
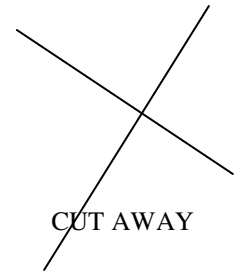


Print page. Cut on solid lines;  
fold on dotted lines. On the center  
top portion, write your title.



CUT AWAY



CUT AWAY

COOKED  
seed  
Day one

BACK

REGULAR  
seed  
Day one

COOKED  
seed  
Day Ten

REGULAR  
seed  
Day Ten

COOKED  
seed  
Day Twenty

REGULAR  
seed  
Day Twenty