



# Lisa Boesen

**AUTHOR, SPEAKER, CERTIFIED VEG CHEF, RECIPE DEVELOPER AND BEEKEEPER**

It's Your Season



celebrating life at any age!

## ABOUT

ItsYourSeason.life is a lifestyle website written by Lisa Boesen. Lisa enjoys writing about nature's abundance, the cycles of life, nature, natural moments, and the Importance of Being in Awe. She is obsessed with a plant-rich lifestyle and enjoys leveling the vegetable approach so all can enjoy the fruits of the earth.

Weaving musings about beekeeping, Lisa presents keynotes, tastings, and cooking demonstrations focusing on a healthy lifestyle and self-care.



## ELSEWHERE

[www.itsyourseason.life](http://www.itsyourseason.life)

Twitter: @lboesen2

Facebook: /ItsYourSeason.life

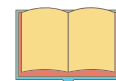
Instagram: @ItsYourSeason.life

Pinterest: [Lisa Boesen](https://www.pinterest.com/lisa-boesen/)

Youtube - [ItsYourSeason.life](https://www.youtube.com/ItsYourSeason.life)

Podbean: [itsYourSeason.life](https://www.podbean.com/itsYourSeason.life)

Linkedin: @lisaboesen



## BOOKS AND PRODUCTS

Food ELEVATED - 100 recipes for Colorful

Cooking from the Colorado Front Range

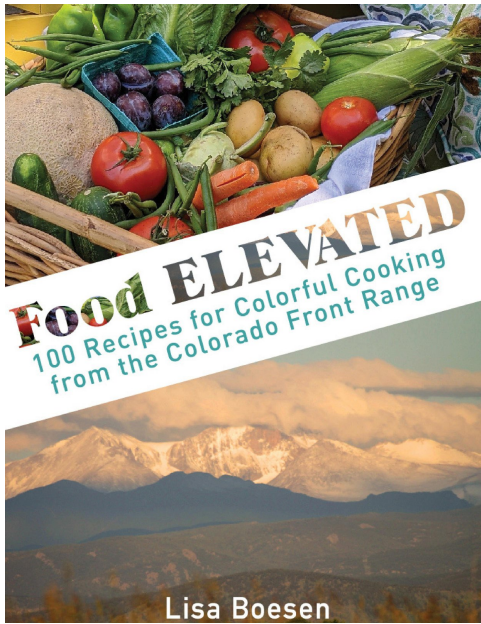
My Plants-First Workbook and Journal

Your 14-Day Plant-Based Test Drive

21 Days of Sweet Kale Salad Mix

Managing the End - to Bridge the Beginning

Compassion Mantra Cards



# Lisa Boesen, MA

Author, Speaker, Certified Veg Chef,  
Recipe Developer and Beekeeper



## MOST REQUESTED WORKSHOPS

- 🥕 Plant-based Me! - *Living a primarily plant-based lifestyle*
- 🥕 Spices and Herbs and Plants - *oh my! Take a culinary world tour!*
- 🥕 A Plant-Rich Trip to Provence
- 🥕 Green Means Great!



## Services & Rates

SPEAKING	fr. \$200
RECIPE DEVELOPMENT	fr. \$200
TASTING	fr. \$150
COOKING DEMO/CLASS	fr. \$150
FREELANCE WRITING	variable rates

## Writings & Such

- Plan Your Staycation - *Fifty & Better*, Winter 2021
- The Versatile Squash - *Bounty*, Fall 2021
- Dance of the Pollinators - *Bounty*, Spring 2021
- Featured Chef - Chef it Up - *Live Naturally Magazine* - Nov 2021

### Perfect for:

Women's Groups    Health and Wellness    Community-based Programs    Retreats

