

Sonnewald founder Grace Lefever releases DVD

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At age 90, Grace Lefever does a lot of walking.

On Friday, she will do a lot of signing, autographing copies of her recently-released "Walking with Grace: Weed Walk DVD," which includes a 48-page field guide.

The signing will be from 10 a.m. to noon and 3 to 7 p.m. Friday at Sonnewald Natural Foods at 4796 Lehman Road in Spring Grove.

"I'm excited about this," said Lefever, who started Sonnewald Natural Food in 1955. "It's been a long time coming."

The 41-minute DVD and field guide - sold together for \$19.99 - are based on Lefever's 40-plus years of leading weed walks around the Sonnewald property, where she teaches people what plants are beneficial for eating and health purposes.

Lefever said she also provides information she has learned over the years from herbalists who taught her. She said the DVD shows parts of her walks. She also talks about various plants and herbs.

She said the video was filmed by local Tango Productions Inc.

The goal: "I hope (viewers) will be able to take this and learn even though they don't get to do my weed walk," Lefever said. "They can get information for how they can pick these plants and use them. I hope it's a wonderful guide."

Lefever's store is now owned and run by her stepdaughter, Willa Lefever, and Willa's husband, Bill Kaiser.

Lefever lives on the Sonnewald property and still gets to interact with customers.

She will begin this year's weed walk season Saturday May 11.

"People ask where I get my energy," Lefever said. "I get my energy from my greens. I have a green drink and a big dark green salad, and that includes the plants we have here."

If you go: Grace Lefever will sign copies of "Walking with Grace: Weed Walk DVD" from 10 a.m. to noon and 3 to 7 p.m. Friday at Sonnewald Natural Foods at 4796 Lehman Road in Spring Grove.

The DVD, which includes a 48-page field guide, costs \$19.99.

Lefever also will start her 2013 Weed Walk season May 11. The walks cost \$10 for adults, \$8 for seniors ages 55 and up and \$5 for teenagers ages 13-19. The walk is free for children ages 12 and under.

For information about the signing event and the weed walk, call 225-3825.

-Reach Eyana Adah McMillan at emcmillan@yorkdispatch.com.



Grace Lefever, 90, the founder of Sonnewald Natural Foods in Spring Grove, PA will sign copies of her DVD "Walking with Grace: Weed Walk DVD" on Friday. (York Dispatch file photo)