



"Gardens, scholars say, are the first sign of commitment to a community. When people plant corn they are saying, let's stay here. And by their connection to the land, they are connected to one another." -- Anne Raver



# 2011 Workshop Schedule

**All workshops are FREE to CFI members. Non-member fee is \$5.00 or one hour of volunteer time.**

## APRIL

- 14 (Thur) 4pm ORGANIC GARDENING BASICS** Athens Westside Community Gardeners share their expertise with the public in a workshop designed to cover all the basics involved with growing an organic garden. Location: West State Street Park, Athens.
- 23 (Sat) 2pm WILD FORAGING FOR NETTLES** Enjoy a lovely Spring walk with Candace Facine and learn all about nettles and how to find them in the wild. Highly nutritious, delicious, and lauded as an important medicinal plant, nettles are truly one of nature's great gifts of Spring. Location: 12788 New England Road, Amesville. Or meet at ACENet, 94 Columbus Road at 1:30 pm to carpool. May be wet – bring boots!
- 30 (Sat) 5:30pm MAKE COMPOST EASY!** Compost Happens! It's simple and easy and your garden plants will love it. Learn the basics of composting with Don Shamblin and turn those kitchen scraps and garden weeds into black gold! Location: Nelsonville Community Gardens, just off US33 on Hocking College Parkway, across the road from the Hocking Valley Scenic Railway Depot.

## MAY

- 04 (Wed) 6pm MAKING DAIRY PRODUCTS NATURALLY** This workshop is for anyone interested in making natural dairy products at home. Fun, delicious, healthy and economical, making products like cheese, crème fraiche, yogurt, butter and cream cheese are foodways worth knowing. Location: Della Zona, 270 East State Street, Athens.
- 18 (Wed) 6pm RUNNING A VALUE-BASED SUSTAINABLE FOOD BUSINESS** Interested in starting a food business? Join Christine Hughes, owner of Della Zona, The Village Bakery and Catalyst Cafe as she shares thoughts and best practices on how to make your food business value-based and sustainable. Location: Della Zona. (above)
- 28 (Sat) 3pm PERMACULTURE BASICS 101** Join certified permaculture instructors, Kurt Belser and Molly Jo Stanley at Green Fire Farm near New Marshfield for part 1 of 2 workshops that will explore the concepts and practices of living close to nature and developing integrated systems that create a more sustainable, productive and ecologically-friendly lifestyle. Location: 2767 St.Rt. 56, New Marshfield or meet at ACENet, 94 Columbus Rd. to carpool. Limited space. Pre-registration encouraged.

## JUNE

- 04 (Sat) 3pm PERMACULTURE BASICS 102** Part 2 with Molly Jo Stanley and Kurt Belser at Green Fire Farm near New Marshfield. (see above)
- 11 (Sat) 4pm ORGANIC PEST CONTROL** Learn methods and best practices to control pests in your garden the organic way with OSU Extension agent, Rory Lewandoski. Location: West State Street Park, Athens.
- TBA TBA MAKING AND USING COMPOST TEA** Have a real garden tea party! Rich garden compost is full of nutrients that plants love. Learn from permaculturist, Kyle O'Keefe, how to brew and use compost tea as a way to nourish your plants. Location: Chesterhill Produce Auction, 8380 Wagoner Rd. Chesterhill. Come for the workshop and stay for the auction!
- 25 (Sat) 4pm USING GARDEN WEEDS MEDICINALLY** One's person's weeds are another's treasure! Join Lauren Geneter, owner of Ancient Roots, a local business specializing in herbal medicinals, to take a closer look at what grows wild in your garden. Many plants we call weeds are valued in traditional cultures as medicine. Location: Nelsonville Community Garden, off US33 on Hocking College Pkwy. Across from the Hocking Valley Scenic Railway depot.

## JULY

- 02 (Sat) 5:30 BUILD A COMPOST BIN** Don Shamblin will present a hands-on workshop building a simple three-bin compost system with low-cost materials. Join with others and take away the skills to build your own bin at home. Location: Glouster Community Gardens, 3 Cardaras Drive, Glouster. Near HAPCAP.
- 14 (Thur) 7pm MAKING JAMS & JELLIES** One of the nicest ways to preserve all the sweet fruit of summer is by making delicious jams or jellies. Liz Shaw will teach the "how-to's" with exciting and helpful recipes. Location: ACENet, 94 Columbus Rd. Athens.
- 16 (Sat) 5:30pm HOME BREW** Ohio Brew week in Athens! A great opportunity to learn the fine art of brewing from Erin Hedin, owner of the Do It Yourself shop in Athens. Location: 6 Euclid Drive, Athens.
- 18 (Mon) 7pm CANNING BASICS** Traditional Appalachian foodways include "putting up" your produce for use year round. Join Marjie Shew, from Shew's Orchard for an overview of basic home canning. Location: ACENet, 94 Columbus Rd. Athens.

\*\*TBA – To be announced

## AUGUST

**06 (Sat) 4pm BUILD A COMPOST BIN** For those who may have missed the earlier workshop, Anne Glass will present a hands-on lesson building a simple composting system with low-cost materials. Location: Stewart Community Gardens, State Route 329 Stewart. Just behind the Federal Valley Resource Center.

**20 (Sat) 11:00am MY, MY! SOME LOCAL PIE!** Stop by the Athens Farmers Market in Athens and give some delicious support to CFI's workshop series with this yummy pie tasting fundraiser! Pay \$5 to sample from three categories of pies (fruit, savory, gluten/wheat-free) submitted by the best bakers in the county. (All entries must include local ingredients. A People's Choice Award will be given to submissions in each category.) All funds go to support CFI's gardening and food education workshop series. See CFI web page or call for more details.

**20 (Sat) 5:30pm GUIDE TO USING COVER CROPS** It's not too early to start thinking about the health of your garden over the cold months ahead. Join Ed Perkins at Sassafras Farm for a tour and information on planting cover crops to protect and nourish your soil. Location: 10940 Lightfritz Ridge Road, New Marshfield

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## SEPTEMBER

**08 (Thur) 7pm DRYING FOODS** Dehydrating is an economical and nutritious way to preserve many different kinds of fruits, meats and vegetables. Liz Shaw will provide information and techniques so you can begin drying food at home. Location: ACEnet, 94 Columbus Rd. Athens

**TBA TBA THE ART OF COMPOSTING** This is a special workshop scheduled as part of the 2011 **Pawpaw Festival** near Albany. A great local festival celebrating our native Pawpaw fruit, sustainability and community. Look for the CFI booth! Location: Lake Snowden US 50 near Albany.

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## OCTOBER

**TBA TBA WILD FORAGING: PERSIMMONS** A delicious woodland fruit, persimmons taste sweetest just after the frost. Join Candace Facine for an autumn woods walk and learn to identify and harvest this Appalachian wild woodland treat! Location: 12788 New England Rd. Amesville.

**20 (Thur) 7pm FERMENTATION BASICS** Nearly a lost technique, fermentation is a traditional foodway that transforms & preserves food for longer keeping and better nutrition. Kelly Shaw gives an overview of techniques and information on the health benefits of eating fermented foods. Location: ACEnet, 94 Columbus Rd. Athens.

**TBA TBA PREPARING DRIED BEANS, GRAINS & SEEDS** With just a few tips you can discover a delicious world of simple, economical real food. Learn about storage and preparation and how to use a variety of dried beans, grains & seeds in ways that will increase nutrition & taste in your diet. Location: Friends Meeting House, 22 Birge Drive, Chauncey

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## NOVEMBER

**10 (Thur) 7pm MAKE YOUR OWN SAUSAGE** Learn the art of seasoning and mixing to create your own meat for sausage made from venison, pork or beef. Mike Bycofski will share his many years of experience with participants in this workshop. Guaranteed to get you started at home. Location: Gloucester/TBA

**17 (Thur) 5:30pm PROPER CARE & STORAGE OF GARDEN TOOLS** Preserve your investment in tools by learning the proper way to clean and store them over the winter with Kevin Polk. Location: 7541 Vore Ridge Road, Athens.

**23 (Wed) 6pm SOURDOUGH BAKING** Nothing smells better than fresh bread baking, especially when you know that using your own sourdough starter helps provide increased nutrition, digestibility and taste. Learn how to make starter and get recipes for a variety of baked goods. Location: ACEnet, 94 Columbus Rd. Athens

# Gardening & Food Education From Seed to Table



*"As soon as you trust yourself, you will  
know how to live." ~ Goethe*