

Skills for Healthy Sustainable Living: A Community Education Series

Welcome to the first annual collaborative workshop series. Together we can educate ourselves to create a sustainable, hunger free, healthy and resilient community. All workshops are free unless otherwise listed (donations always welcome).

REGISTRATION REQUIRED FOR ALL WORKSHOPS!

Register online at www.sustainsouthsound.org or call (360) 357-2380. Many workshops will be added, check back here for more details and the full schedule.

JULY

SU 11 *Pollination Basics, 2-5pm*

Location Wendell Berry Community Garden, 928 Wilson St NE, Olympia

Host: Olympia Food Co-op

This is a hands on workshop held in the beautiful Wendell Berry Community Garden. We first discuss pollination and fertilization, and then we head out and do what the bees do best—pollinate plants! You will learn the difference between male and female flowers or parts, and how to isolate different varieties of plants to keep the seeds “true” for the next season. Taught by Olympia Seed Saver Caitlin Moore.

SU 18 *Food Preservation: Canning Pickled Vegetables, 2-5pm*

Location: GRuB 2016 Elliott Ave NW, Olympia

Host: Olympia Food Co-op

Growing or purchasing food in the height of the local season and preserving for the winter saves money and lessens our impact on the planet. It also spreads a little sunshine under the dreary dark skies of January. Learn simple and delicious ways to put food by with canning. Taught by co-op staff member and produce extraordinaire Kim Langston

W 21 *Acid Alkaline Balance: The pH Health Mystery Explained, 6-7:30pm*

Location: Fertile Ground 311 9th Ave SE, Olympia

Host: Olympia Food Co-op

Learn what it means to have a more alkaline pH. By making your body more alkaline through simple daily food additions, you lower your risk for disease, experience more energy, and boost your moods dramatically. Taught by co-op staff member Summer Bock.

F 23 *Cold Soups, 5:30-8pm*

Location: Fertile Ground 311 9th Ave SE, Olympia

Host: Olympia Food Co-op

Come learn how to make an excellent Gazpacho, the popular cold tomato soup from the south of Spain, a Cucumber Walnut cold soup from Bulgaria and many other ideas about the world of cold soups. Come with an open mind, willing tastebuds, and something to take notes. Taught by co-op staff member Arturo Sievert.

SU 25 *Tools for Women, 2-5pm*

Location: TBA

Host: Olympia Food Co-op

Learn how to use garden, power and hand tools. Taught by women for women, we will cover safety and proper handling. Tools will include hammer, handsaw, electric screw gun, skill saw, shovel, hula ho, pruners, and more. During this class we will construct a small cold frame. Taught by Olympia Seed Saver Caitlin Moore.

TU 27 *Food Preservation: Canning Fruit, 6-9pm*

Location: GRuB 2016 Elliott Ave NW, Olympia

Host: Olympia Food Co-op

Growing or purchasing food in the height of the local season and preserving for the winter saves money and lessens our impact on the planet. It also spreads a little sunshine under the dreary dark skies of January. Learn simple and delicious ways to put food by with canning. Taught by co-op staff member and produce extraordinaire Kim Langston

W 28 *Fall/Winter Gardening, 5:30-6:30pm*

Location: ROOF Rochester 10140 Highway 12 SW, Rochester

Host: GRuB

This is part III of GRuB's basic gardening series. Come learn about gardening year round and how to put your garden to sleep for the winter so it will continue to be productive year after year.

SA 31 *Fall/Winter Gardening, 11-1pm*

Location: Thurston Co. Courthouse 2000 Lakeridge Dr. SW, Bldg 1, Rm 152

Host: GRuB

Fall/Winter Gardening, 3-4:30pm

Location: PUD No3 Shelton 307 West Cota Street, Shelton

Host: GRuB

See July 28th for description.

AUGUST

SA 7 *Sustainable Urban Homestead Tour*

Location: All Over Olympia

Potluck, 6-9pm

Location: Wendell Berry Community Garden, 928 Wilson St NE, Olympia

Host: Sustainable South Sound

Interested in learning how to make your home and lifestyle more sustainable? Come spend the day meeting some of the movers and shakers who are leading the way to a more livable community by developing sustainable urban homesteads. Experience organic vegetable gardens, edible forest gardens, composting systems, poultry keeping, rain gardens, electric vehicle conversions, and more.

SU 8 *Beekeeping is Easy and Affordable With Top Bar Hives, 2-5pm*

Location: GRuB 2016 Elliott Ave NW, Olympia

Top bar hives offer a minimalist approach to beekeeping suitable for the backyard gardener.

Come learn what you need to set up your own backyard apiary. Taught by local beekeeper Si Thacker

SU 15 *That's Cold! Cooling Tips to Relax Your Overheated Body, 1-2pm*

Location: Fertile Ground 311 9th Ave SE, Olympia

Host: Olympia Food Co-op

In this class you'll learn which foods and herbs have a natural cooling effect on your body temperature, and can help with hot flashes or heat rashes. Learn some simple recipes for tasty treats and an entirely edible cooling body spray. Helpful in hot weather or situations that make you nervous and sweaty. Taught by Ava Waits, Holistic Nutrition Counselor.

M 23 *Preparing Fish for Optimal Nutritional Value!, 6-8:30pm*

Location: : GRuB 2016 Elliott Ave NW, Olympia

Host: Olympia Food Co-op

Three delicious, easy-to-prepare fish dishes: Pan-seared Salmon, Cilantro Garlic Halibut, Cod Fish Tacos! Taught by Local Author & Nutrition Counselor Allison Imel Hamza

SEPTEMBER

SA 4 *Composting 101, 11am-1pm*

Location: Fertile Ground 311 9th Ave SE, Olympia

Host: Olympia Food Co-op

This class covers ways to deal with kitchen scraps and yard waste by using worm bins and layered compost bins. We will turn a layered compost pile and build a new compost pile from scratch.

Taught by Gail Di Marzo of Fertile Ground Guesthouse.

TU 7 *Focusing on Fresh, 5:30-8:30pm*

Location: GRuB 2016 Elliott Ave NW, Olympia

Host: Olympia Food Co-op

Do you want to cook dishes with fresh, high quality ingredients that will turn out great on the first try? Join Produce Buyer Erin Majors and learn her method of building meals around produce that looks and tastes its best. She will show you how to search online for simple, highly rated recipes that showcase fresh produce and are nutritious and easy to prepare. Taught by co-op staff member Erin Majors.

SA 11 *Cheese Making, 5:30-8:30pm*

Location: GRuB 2016 Elliott Ave NW, Olympia

Host: Olympia Food Co-op

Learn how to make delicious cheese at home with someone who has been developing her skill for many years. Class Limit-15. Taught by Co-op member Cathy Harding.

SU 12 *Food Preservation: Drying, 3-6pm*

Location: Fertile Ground 311 9th Ave SE, Olympia

Learn the easy way to preserve the bounty of summer with Food Dehydration. We will also create our own tasty energy bar and camp food without the packaging and expense of prepared store bought items. Taught by Co-op Staff person Kim Langston

SA 25 *Biointensive Gardening Workshop with John Jeavons, TBA*

Host: Sustainable South Sound

SU 26 *Harvest Festival, TBA*

Location: Wendell Berry Community Garden 928 Wilson St NE, Olympia

Host: Sustainable South Sound

Come join us for cider pressing, nut cracking, garden tours, food and music as we celebrate another successful growing season.

TH 30 *Start Your Own Community Garden, TBA*

Location: GRuB 2016 Elliott Ave NW, Olympia

Host: Sustainable South Sound

Sliding scale donation of \$5-\$25 See Mar. 10th for description

COMPOSTING

Thurston County Master Composters are offering free composting workshops at two locations. All classes begin at 10:00am and pre-registration is not required.

More info at <http://thurston.wsu.edu>

Closed Loop Park: Located just inside the Thurston County Waste and Recovery Center, Hogum Bay Road, Lacey

Yard Waste Composting: May 8th, June 12th, July 10th

Worm Composting: August 14th, Sept 11th, Oct 9th

Dirt Works: Located in west Olympia, on Alta Drive off of Capital Mall Drive. The entrance is at the end of Yauger Park parking lot.

Yard Waste Composting: May 15th, Aug. 21st, Sept 18th, Oct 16th

Worm Composting: May 15th, June 19th, July 17th

