

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.

FEBRUARY

SU 7 Garden Planning for Seed Saving @ GRuB 2016 Elliott Ave NW, Olympia, 12-2pm

This workshop will help backyard gardeners plan their gardens for maximum yield and to give an introduction to seed saving.

SU 10 Sugar Blues @ Fertile Ground Guesthouse 311 9th Ave SE, Olympia, 6-7:30pm

This class will permanently change your relationship with sugar. You will leave this class understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

M 18 Raw Compliments to Your Meal @ GRuB 2016 Elliott Ave NW, Olympia, 6:30-8:30pm

Are you looking to incorporate more raw and living foods into your diet? Wondering how you can do that in the cold winter months?

SA 20 Seed Sorting Party @ St. John's Episcopal Church 114 20th Avenue SE, Olympia, 11-2pm

Help sort seeds for GRuB's 2010 backyard gardeners! Potluck, entertainment, and childcare will be provided!

SU 21 Knife Skills For the Home Kitchen @ GRuB 2016 Elliott Ave NW, Olympia, 1-4pm

This class will explore the different types of knives that are useful in the kitchen, the different material the blades are made with, and we will practice a variety of cuts to make appealing dishes.

SU 21 Seed Exchange/Potluck @ GRuB 2016 Elliott Ave NW, Olympia, 5-7pm

Do you have seeds you would like to share with other local gardeners? Interested in growing new crops, or new varieties of familiar crops? Join us for a seed swap and potluck. Bring seeds to share, envelopes or containers to take home seed, and a dish to share.

SU 25 Stronger Gums, Stronger Teeth @ Fertile Ground 311 9th Ave SE, Olympia, 7-8pm

This class is for those of you who are looking to improve the health of your mouth by using a natural dietary approach. You will learn about foods that strengthen the gums and teeth, and have been used to prevent cavities and reverse gum disease.

SU 28 Successful Plant Starts @GRuB 2016 Elliott Ave NW, Olympia, 1:30-3:30pm

In this workshop we will demonstrate how to start seeds in your home to get a head "start" on the season. Taught by a former greenhouse manager, we go over basic planting, lighting, watering, and fertilizer, and how to make a greenhouse small enough for apartment dwellers.

MARCH

TH 4 Baking Bread Gluten Free @ GRuB 2016 Elliott Ave NW, Olympia, 6:30-8:30pm

Bread is supposed to be the staff of life, but what do you do when you are gluten intolerant or allergic to wheat? Come learn the techniques to master gluten-free yeasted bread.

TU 9 Condiments and Sauces @ GRuB 2016 Elliott Ave NW, Olympia, **6-8pm**

Need to flavor up your boring chicken and lack luster veggies? Learn how to prepare Spring Green Pesto, Apricot-Balsamic Spread, Asian Sesame-Soy sauce, Coconut Cilantro Cream, and more...

W 10 Start Your Own Community Garden @ GRuB 2016 Elliott Ave NW, Olympia, **4-6pm**

Sliding scale donation of \$5-\$25

Interested in starting a community garden in your neighborhood? This workshop will cover the basics, from choosing a site and governance model to design and implementation.

SA 13 Build or Expand your Backyard Garden @ GRuB 2016 Elliott Ave NW, Olympia, **2-4pm**

Sliding scale donation of \$5-\$25

Come learn how to build your garden from GRuB's Kitchen Garden Project, which has built 2,200 gardens for low-income families since 1993. The workshop will include raised bed construction, double digging, sheet mulching and local material suppliers.

SA 20 Making Medicine and Food with Fresh Nettles @ Fertile Ground Guest House 311 9th Ave SE, Olympia, **2-4pm**

Come learn the folk method for tincturing fresh nettles and a few exciting food preparations for this rejuvenative and abundant herb.

SU 21 Seed Saving Basics @ GRuB farmhouse 2016 Elliott Ave NW, Olympia, **1-3pm**

This workshop gives an overview of seed saving for the beginner.

SA 27 Spring Gardening @ Thurston Co. Courthouse 2000 Lakeridge Dr. SW, Bldg 1, Rm 152, **11-1pm**

Spring Gardening @ PUD 3 Shelton 307 West Cota Street, Shelton, **3-4:30pm**

This is part I of GRuB's basic gardening series. Spring is in the air and now is the time to begin planning and mapping your garden. Get tips on choosing what, where & when to plant. We will provide you with all the basics for a successful garden including techniques for watering, thinning and succession planting.

SU 28 Soil Health Workshop @ GRuB farmhouse 2016 Elliott Ave NW, Olympia, **12-3pm**

The soil is our living partner in food production. This workshop will give you the skills to evaluate an individual soil, and strategies for how to enhance its capacity to grow plants we eat.

W 31 Spring Gardening @ ROOF Rochester 10140 Highway 12 SW, Rochester, **5:30-6:30pm**

See March 27th for description.

APRIL

SU 11 What is a Seed? Olympia Food Co-op Community Classroom 610 Columbia ST SW, Olympia, **12-2**

We will discuss in layman's terms seed structure, germination and development, and the nuts and bolts of plant sex—rated PG. After attending this workshop, seed savers will know the real difference between a hybrid, open-pollinated and genetically modified seed, and why genes (not jeans) are important to gardeners.

SU 18 Growing Nutrient-Dense Food @ GRuB 2016 Elliott Ave NW, Olympia, **1-3pm**

Growing food that tastes good and is nutritious involves a direct correlation between the food, the soil and the eater. It also requires the right balance of minerals, biology and energy in the soil. In this workshop we will address methods to assess all three components of both the soil and the output from the soil.

SU 25 Plant Exchange/Potluck @ GRuB 2016 Elliott Ave NW, Olympia, **4-6pm**

Did you start too many tomatoes? Have some extra squash starts to share? Looking for a some extra plants to fill in the holes in your garden plan? Bring your extra plants and a potluck dish and join us for a plant swap and potluck to kick off the gardening season.

MAY

SA 22 Summer Gardening @ Thurston Co. Courthouse 2000 Lakeridge Dr. SW, Bldg 1, Rm 152, **11-1pm**

Summer Gardening @ Shelton 307 West Cota Street, Shelton, **3-4:30pm**

This is part II of GRuB's basic gardening series. Bring your summer gardening questions. Get tips on harvesting, pest management and how to produce the most out of your backyard garden.

SU 23 Basic Botany for Seed Savers @ GRuB 2016 Elliott Ave NW, Olympia, **1-3pm**

This workshop will cover basic plant anatomy related to seed saving. We will discuss structure and function, flower morphology, and variability in inflorescence.

W 26 Summer Gardening @ ROOF Rochester 10140 Highway 12 SW, Rochester, **5:30-6:30pm**

See May 22nd for description.

JUNE

SU 13 Selecting and Maintaining Hand Tools @ GRuB 2016 Elliott Ave NW, Olympia, **1-3pm**

The tools we use shape our gardening strategy and style. This workshop offers ideas for the selection and care of hand tools as part of labor saving gardening strategies. A portion of the workshop will be dedicated to tool sharpening.

JULY

W 28 Fall/Winter Gardening @ ROOF Rochester 10140 Highway 12 SW, Rochester, **5:30-6:30pm**

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 @ Thurston Co. Courthouse 2000 Lakeridge Dr. SW, Bldg 1, Rm 152, **11-1pm**

Fall/Winter Gardening @ PUD No3 Shelton 307 West Cota Street, Shelton, **3-4:30pm**

See July 28th for description.

AUGUST

SA 7 Sustainable Urban Homestead Tour, All Over Olympia;

Potluck from 6-9pm at the Wendell Berry Community Garden, 928 Wilson St NE, Olympia

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.

SEPTEMBER

SA 25 Biointensive Gardening Workshop with John Jeavons, TBA

SU 26 Harvest Festival @ Wendell Berry Community Garden 928 Wilson St NE, Olympia, **TBA**

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 @ GRuB 2016 Elliott Ave NW, Olympia, **TBA**

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 is 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 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

