



# sustainable**ber**ea

## Re-skilling Classes 2010

- 1 Growing and Using Grapes (Zane Burton)**  
Vineyard tour, discussion of grape horticulture followed by a wine-tasting.  
*Saturday, September 11; 2:00 – 4:00 p.m.*
- 2 Cooking for a Crowd (Shirley Carlberg)**  
Learn to scale up your favorite recipe for large groups or multiple meals; hands-on experience.  
*Saturday, November 6; 3:00 – 6:00 p.m.*
- 5 Yoga and Tea (Stephanie Clark & Adam Walker)**  
Yoga session: Basic Asanas for 45 minutes followed by tea and pastries with Stephanie and Adam. Bring your own yoga mat if you have one.  
*Sunday, August 8; 9:00 – 10:30 a.m.*
- 8 Thai Cooking (Wanpen Cline)**  
Learn how to make Tom Yam Thai Soup with Chicken or Tofu—Bring your questions about Thai cooking and be prepared to eat a full lunch.  
*Monday, August 2; 1:00 p.m.*
- 9 Growing and Harvesting Herbs, Fruits, and Vegetables in Small Places (Eva Cates)**  
In addition to learning how to create sustainability in small places, participants will also take home freshly made 1-2-3-4 Strawberry/Rhubarb Cobbler and a sampling of fresh herbs and vegetables.  
*Saturday, August 14; 5:30 – 7:30 p.m.*
- 11 Sausage Making (Mike Panciera)**  
Learn about the ingredients, equipment, and techniques needed to make your own sausage—a hands-on workshop. Everyone will take home a pound of sausage.  
*Saturday, October 30; 9:00 a.m. – 1:00 p.m.*
- 12 Low Tunnel Winter Growing (Donna Wellman)**  
Prepare a 25-foot garden bed, plant crops for winter harvesting. *Saturday August 14; 5:00 – 7:00 p.m.*
- 13 Vegetable Canning (Patti and Paul Smithson)**  
Pressure canning; beans or tomatoes; hands on experience. Lunch will be provided.  
*Saturday July 31 or August 21 10:00 – 2:00*  
(determined by when the vegetables are ready)
- 15 Trellis to Complement Raised Beds (David Saladino)**  
Construct trellises in combination with raised beds to grow food vertically.  
*Saturday August 7; 10:00 a.m. -11:30 a.m.*
- 16 Paper Making (Dorie Hubbard)**  
Learn to make handmade paper using recycled paper and plant materials. You will learn to make paper suitable for greeting cards and art projects as well as the molds and decks used in making the paper.  
*Saturday September 18; 11:00 a.m. -3:00 p.m.*
- 17 Still Life with Fruits & Vegetables (Neil Di Teresa)**  
Watercolor painting; bring a fruit or veg. Materials supplied. *Saturday, Oct. 2; 1:00 – 4:00 p.m.*
- 18 Raising Chickens A to Z (Beth Tillery)**  
Learn the whole process of raising and caring for chickens, both for meat and eggs.  
*Sunday, August 8; 5:00 – 7:00 p.m.*
- 22 Yoga Therapy (Amanda McMaine)**  
Class participants will experience the therapeutic benefits of yoga postures, breathing exercises and meditation. All levels are welcome. Please bring your own yoga sticky mat. *Friday, October 1; 10:00 a.m.*

Re-skilling classes offered from now through November.  
Each class is \$25 and some sessions are limited in size.

To enroll, mail your check to Sustainable Berea, PO Box 1302, Berea KY 40403 with the name of the class(es) you want to take. Please include your phone number and email address.

We will contact you with a confirmation for your class.

For information contact: Sustainable Berea, 859-985-1689 or Barbara Prairie, 859-200-7473