



2008 Practical Skills Workshops Series

Northeast Organic Farming Association/Massachusetts Chapter
registration form on back. please join us and learn about sustainability!



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Maple Sugaring with Drumlin Farm's Matt Celona
Lincoln, Mass 10AM- 11:30AM, Sunday March 2

Learn the basics of how to tap trees, collect sap, and turn that watery tree juice into pancake topping fit for a king!

Shamanic Plant Journeying with Tommy Priester at Bear Medicine Herbals
Watertown, Mass 6:30PM- 10PM, Thursday, March 13

The Earth Mother's Sacred Plant World provides everything we will ever need for our health, nutrition, and general well being. Experience how physical and spiritual energies of plants affect all levels of being. Participants meet the physical plant, experience the tincture and open to the energies of the flower essence. Through guided meditation we make contact with plant wisdom for our own personal healing, the healing of our families, and of the Earth.

Cheesemaking #1-soft cheese with Cliff Hatch at Upinngil Farm,
Gill, Mass 8AM- 5PM, Saturday, March 15

Learn how to take raw milk and create a soft cheese. In this hands-on workshop, we will make several cheeses using different recipes and cultures. You are invited to bring 2 gallons of your own animals' milk to make more cheeses.

Biodiesel : Bigger and Better with GreenGreaseMonkey (www.GreenGreaseMonkey.com)
Allston, Mass 10AM- 3PM, Sunday, April 6

Learn how to make biodiesel. See a home processor run, learn its applications, safety, the chemistry, and practice the steps in testing oil and making your own fuel. A parts list will be available to anyone who wants to build their own processor.

Organic Apples: Focusing Tree Energy with John Bemis at Hutchin's Farm CANCELED/POSTPONED
Concord, Mass 9AM- 1PM, Monday, April 21

John Bemis, with 30 years of apple tree management experience, will show us how to guide the trees growth and help produce fruit. We will walk the orchard and learn about girdling and pruning to control excessive growth.

Organic Gardening across the state of Massachusetts with NOFA Staff and Board members and members,
At various locations: (Barre, Middleboro, Wendell, and Natick) the morning of Saturday, April 26

Learn how gardening begins with building the soil and composting and all about seeds and seedlings, mulches, raised beds and how you can grow some of what you eat and start to appreciate where all of your food comes from.



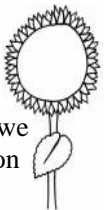
Waste Veggie Oil Car Conversion with the environmentally friendly group "GreenGreaseMonkey"
Allston, Mass 9:30AM- 5PM, Sunday, May 18

You too can really run a diesel car, truck, tractor off the used grease from your local fried food place. Come learn how.

Cheesemaking #2-hard cheeses with Cliff Hatch at Upinngil Farm, Gill, Mass 8AM- 5PM, Sunday, May 11
Learn how to take raw milk and create a hard "cheddar" cheese. In this hands-on workshop, we will make several cheeses using different recipes and cultures. You are invited to bring 2 gallons of your own animals' milk to make more cheeses. Cliff Hatch has been making a variety of cheeses for more than 20 years.

Building a Composting Toilets with expert and author Carol Steinfeld at Caretaker Farm
Williamstown, Mass 10AM- 5PM, Sunday, May 4

We need to treat water better, right? Learn how to build a composting toilet system for field, cottage, home and boat as we build a working composting toilet for Bridget Spann and Don Zasada up at beautiful Caretaker Farm. We'll also touch on graywater systems, urine-diverting toilets, and ecological wastewater systems. Carol Steinfeld is the author of *The Composting Toilet System Book*, *Liquid Gold: The Lore & Logic of Using Urine to Grow Plants* and the forthcoming *Reusing the Resource: Adventures in Ecological Wastewater Recycling*. She directs Ecowaters Projects and runs Ecovita, which supplies urine-diverting eco-toilets. These can be seen at the Cape Cod Center for Sustainable Living in Cotuit, Mass.



Make your own Tofu and Tempeh at the 21st Century Foods with Rudy Canale
Jamaica Plain, Mass 10AM-12:30PM, Saturday, May 24

Learn how to make your own soy and grain products? Come learn how you can with one of Boston's most innovative small businesses. Trade groups visit from all over the world to see how to start up small-scale operations of tofu and tempeh.

Raising Chickens on Grass for Eggs and Meat: at Pete and Jen's Backyard Birds at Verrill Farm
Concord, Mass 1PM- 5PM, Sunday, May 25

Learn about raising broilers from chick to market - brooding, mobile coop construction, electric fencing, feed rations and supplements, veterinary care, marketing, and humane slaughter. Pete Lowy and Jennifer Hashley have also been working with NESFI and state regulators to implement a Mobile Poultry Processing Unit which will be available to view.

Framing Carpentry: Creating a Structure with Will Beemer at the **Heartwood School, Washington, Mass 9AM-5 PM, Saturday, June 14th**

Learn about joists, sills, studs, rafters and the tools to frame interior and exterior walls, floors and roofs. Layout for openings such as windows and doors will also be covered as we work on a stick-framed building project under construction

Sustainable Living Tour: with Sharon Gensler, Jonathan Von Ranson, and Ron Coler and friends
Wendell and Ashfield, Mass 10AM-3 PM, Sunday, June 15th

Creating Sustainable Systems :Learn how folks have chosen to live in ways that are closer to the rhythms of the natural world. Efficient wood heat, photo-voltaics, satellite internet, growing your own food, composting toilets, and so on. Information on resources will be made available. It's a great day to say no to petroleum (even just a little no).

Hot Water with the Sun at the 21st Century Foods with **Rudy Canale**
Jamaica Plain, Mass 10AM-12:30PM , Saturday, June 21

Learn how to pre-heat your hot water using copper or plastic solar heaters. Save money, save polar bears, save the planet!

Foraging for Wild Edibles with expert forager and author Russ Cohen
Belchertown, Mass 1 PM-4PM, Sunday, July 13

Join expert forager Russ Cohen as we discover more than 2 dozen of the 150 species of Massachusetts' edible wild plants

Yoga for Farmers and Gardeners with Marie Marchand at **Green River Yoga, Greenfield, Mass 5PM-7 PM, Sunday, August 24**

Learn how to move so farming and gardening doesn't hurt so much. Practice breathing, and relaxing stretches that can make your active life less painful and more complete. Make friends with your body! Apprentices encouraged to attend-scholarships!

Creating School Gardens and Composting Systems with Karen DiFranza
Hubbardston, Mass 10AM-2 PM, Sunday, September 28

The Hubbardston Center School's garden program was developed using grant money, and is student- maintained. Learn how a student-powered composting program that recycles cafeteria leftovers and schoolyard organic materials works. how to start, run, fund and also curriculum lessons that use both the garden and the school composting system.

Putting Food By with **Many Hands Organic Farm's** Jack Kittredge and Julie Rawson
Barre, Mass 9AM-4PM Saturday, September 27

See their root cellar and learn to can, freeze, ferment, dry and lacto-ferment, jam, and wine various fruits and vegetables. They will also discuss pork and chicken products and share their experience with season extension with hoop houses.

Living in the Balance at **Seeds of Solidarity** with Ricky Baruc and Deb Habib
Orange, Mass 9AM-3 PM, Saturday, October 25

How do we farm, raise families, engage in our communities and "stay present" when society says stay busy? The day will include a discussion of community building and dialogue among workshop participants will focus on creating balance, community and contentment within full lives and good work. Some techniques for finding balance, including yoga, and walking and sitting meditation will be incorporated.

FEEL FREE TO PAY MORE/MAKE A DONATION SO THAT OTHERS CAN ALSO ATTEND THESE WORKSHOPS

***Information:** Call Tom at 781-894-4358 or email seedpotato@yahoo.com with questions. Make checks to: NOFA/Mass .

**Send registration to: Tom Szekely, PO Box 611, Lincoln, MA 01773. Please save paper and include an email address.

**Pre-registration is required as space for some workshops is limited. Add \$5 for registrations within one week of event.

-----Registration form-----cut here and mail it in! or register online-----

Name	Address	City, State, ZIP Code
Phone:	How did you hear about this workshop?	Email:

Prices are for any NOFA members. Non-members please add **(the additional \$)** for each workshop (or become a member!)

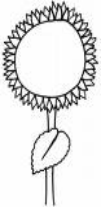
Shamanic Plant Journeying \$25 (+\$6)	WVO Conversion.....\$50 (+\$6)	Solar Hot Water.....\$27 (+\$5)
Cheesemaking#1.....\$64 (+\$6)	Cheesemaking#2.....\$64 (+\$6)	Foraging for Wild Edible..\$16 (+\$5)
Biodiesel.....\$46 (+\$6)	Composting Toilets.\$48 (+\$6)	Yoga for Farmers and Gardeners.\$14(+\$4)
Organic Apples.....\$37 (+\$5) encl'd	Tofu and Tempeh.....\$27 (+\$5)	School Gardening/Composting ..\$46 (+\$5)
Organic Gardening.....\$10 (+\$2)	Raising Chickens.....\$30 (+\$6)	Putting Food By.....\$50 (+\$6)
Circle location: Barre, Wendell, Middleboro, Natick	Framing Carpentry\$67 (+\$6)	Living in Balance.....\$44 (+\$6)
	Sustainability.....\$15 (+\$4)	

I will join/renew NOFA/Mass: Family = \$40; Individual = \$30; Low Income = \$20 \$ _____

I would like to make a donation for the scholarship fund (to help support others' learning): \$ _____

Total Enclosed \$ _____ *please add phone and Email contact in case we need to contact you* -Thanks!

Please visit **www.nofamass.org** to read more about workshops and to sign up online



Call or email to inquire about scholarships!

Workshops available as gift certificates!