

FOOD UP!SKILLING MASTER SCHEDULE

ROOM	-	TIME								
	7:30-9:00	9-10am	10:15-11:15am	11:30-12:30pm	LUNCH 12:30-1:30pm	1:30pm-2:30pm	2:45-3:45pm	4-5pm	5-7:00pm	
Classroom 1	Set-Up Sign-In & Welcome	Growing Super Foods Locally: Karen Raynard	Intro to Composting: Jenn Stotland	Make your own medicinal honeys and vinegars: Oren Hercz		Growing Super Foods Locally: Karen Raynard	Saving Heirloom Seeds: Jen Stotland		Closing Remarks Tear Down	
Classroom 2		Fruit and Veggie Dehydration: Bob Cervelli	Ethical Wildcrafting of Medicinal Herbs: John Cummings	Cultural Food Preservation- Nepalese Pickles: Jamuna Niroula		Fermentation and Kimchi: Nicole Marcoux	Making Meads: John Cummings	Fruit and Veggie Dehydration: Bob Cervelli		
Classroom 3			Maple Syrup in the City: John Bignell	Balcony and Container Gardening: Crystal Godfrey		Soil Fertility & Organic Amendments: Phil Warman	Maple Syrup in the City: John Bignell	Soil Fertility & Organic Amendments: Phil Warman		
Dojo		TABLERS								
Kitchen		9-10:30am	Break	11:00-12:30pm	LUNCH 12:30-1:30pm	1:30-3:00pm	Break	3:30-5:00pm		
Classroom 4				Intro to Hen Keeping: John Wimberly		Intro to Hen Keeping: John Wimberly		Intro to Hen Keeping: John Wimberly		
Classroom 5		Cooking from Scratch: Edie Shaw		Natrual Beekeeping: Michelle Mcpherson		Cooking from Scratch: Edie Shaw		Natural Beekeeping: Michelle Mcpherson		
KITCHEN		Lunch Prep					Hot Water Bath Canning Demo: 1:30-2:30 Hot Water Bath Canning Demo: 2:45-3:45 Hot Water Bath Canning Demo: 4:00-5:00 Cam Farnell			