

**2019/2020 Country Living Program  
For ages 16+**

**Nov 16** Theme: Fall Harvest

You will enjoy a day filled with a tour of the farm, hands-on experience harvesting seasonal produce, learning food preservation techniques such as canning and dehydrating, and whipping up a delicious pumpkin dessert in the Long Spoon kitchen. You also will head home with written directions and recipes for food preservation techniques that can be done at home as well as the recipe for replicating the pumpkin dessert for your next special occasion.

Bring/Wear: Bring a water bottle and a lunch from home if you do not plan to pre-purchase a boxed lunch. Wear clothing that can get a bit dirty and closed-toe shoes.

**Feb 8** Theme: Cozy Cooking

It may be a bit chilly, but everyone will warm up after a tour of the farm and a day spent learning how to build an outdoor oven. Presentations will be offered on different types of materials that can be used to build an oven and participants will gain hands-on experience building one on site. This type of oven is capable of making pizza, baking bread, and so much more! You will take home written plans for creating an outdoor oven, knowledge and experience from building one on site, and happy taste buds from testing out a recipe in the Blackwood oven.

Bring/Wear: Bring a water bottle and a lunch from home if you do not plan to pre-purchase a boxed lunch. Wear clothing that can get a bit dirty and closed-toe shoes.

**Mar 21** Theme: Perennials and Pollinators

Springtime is a great time to plant annual vegetables, and we will give you a few suggestions for a great summer harvest after giving you a tour of the farm. However, our farm has been transitioning more towards a perennial system, and we can't wait to share how we focus on planting pollinator friendly vegetables, fruits and flowers in order to have a thriving farm year-round. Not only do perennial crops feed the humans and wildlife, but they also contribute greatly to erosion control and soil health. This, in turn, provides more nutrient dense food for us all to enjoy! You will gain hands-on experience planting perennial crops at Blackwood while also learning how to support native pollinators and honey bees. We will even get suited up to get up close and personal with the bees in our apiary.

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**Apr 18** Theme: The Secret to Nutrient Dense Food

The food we eat nowadays does not hold the nutrient content it once did. There are a number of reasons why this is the case. We will briefly share what happened to our food systems during the Industrial Revolution and spend the rest of the day giving you hands on experience learning how to contribute to regenerative agriculture. You will learn about rotational livestock grazing and rotational crop planting and the benefits of these practices. You will also learn how to make and use compost tea in your garden by making it and applying it in the Blackwood gardens while you are here. The microscopes will be set up to give you a chance to gain a true understanding of what happens beneath your feet by looking at the microorganisms in action. The principles and practices in place at Blackwood lend to a more regenerative way of life and we can't wait to give you a tour, allow you to get your hands dirty, and participate in the closed-loop system we have created here to grow more nutrient-dense food. We will top off the day by harvesting a few crops for you to take home and prepare a favorite meal so you can taste the difference for yourself.

Bring/Wear: Bring a water bottle and a lunch from home if you do not plan to pre-purchase a boxed lunch. Wear clothing that can get a bit dirty and closed-toe shoes.