

# The Bluegrass Local Food Summit

## Sustainable Communities Network

COMING TO LEXINGTON!

## Sustainable Living Workshops

Saturday, March 24th, 2012 at Crestwood Christian Church 1882 Bellefonte Drive, Lexington

### Workshop 1: Beekeeping Basics

Time: 1:30-3:30pm

Instructor: **Tammy Horn**, author of *Bee Economy: What Women and Bees can Teach Us about Local Trade and the Global Market and Bees and America: How the Honey Bee Shaped a Nation*, Kentucky State Beekeeper of Year Award. The Beginning Beekeeping course will cover all aspects of basic beekeeping including honey bee biology, site location, equipment requirements, honey bee sources, and producing, harvesting, extracting, bottling, and selling honey and hive products. The course will also cover the basics of disease and pest management and control. Beekeeping or apiculture, is the maintenance of honey bee colonies, commonly in hives, by humans.

What Women and Bees can Teach Us about Local Trade and the Global Market and Bees and America: How the Honey Bee Shaped a Nation, Kentucky State Beekeeper of Year Award. The Beginning Beekeeping course will cover all aspects of basic beekeeping including honey bee biology, site location, equipment requirements, honey bee sources, and producing, harvesting, extracting, bottling, and selling honey and hive products. The course will also cover the basics of disease and pest management and control. Beekeeping or apiculture, is the maintenance of honey bee colonies, commonly in hives, by humans.



### Workshop 4: The ABC's of Composting

Time: 1:30pm-3:30pm

Instructor: **Chad Hilton**, Employment Solutions.

Composting accelerates the natural processes that recycle nutrients to produce humus, which is the foundation of soil fertility. While left to her own devices, nature can take years to make humus, you can do it in a matter of weeks by simply making homemade compost. Whether the organic matter is a fallen tree, manure, crop residues or a cardboard box, none are available as food for plants until they have been duly processed and recycled through life. And the ultimate recyclers are the living things in soil.



### Workshop 2: Raising Chickens

Time: 1:30-3:30pm

Instructors: **Wayne Davis, Beverly Davis**

The program includes information on topics such as selecting breeds, common diseases and challenges, nutrition, housing and the environmental sustainable benefits and tastier aspect of organic poultry. Raising chickens is proficient, sustainable and easy to tend in a backyard. It's a complete cycle. The chickens will eat from the ground, they will produce eggs or meat and in turn, they're going to fertilize the grass area they've eaten without waste or pollution.



### Workshop 5: Raising Goats in the City

Time: 1:30pm-3:30pm

Instructor: **Susan Miller**, Bluegrass Chevre, Farmstead Goat Cheese. [www.bluegrasschevre.com](http://www.bluegrasschevre.com)

In this workshop participants will learn what it means to be a goat farmer and how to make good use of goat's milk. While the class is geared toward keeping dairy goats, most of the information is helpful for all goat keeping. This class will cover all the basics: nutrition, milking, fencing, shelter, breeding, parasite management, common health concerns, and pasture management. Not to mention that goat milk can also be used to make yogurt, soap, and even ice cream.

### Workshop 6: Make Your Own Rain Barrel

Time: 10am-12 noon

Instructors: Bluegrass Pride,

**Obiora Embry**, E Consulting, LLC

Cosponsored by: Key Conversations Radio,

Pepsi Cola of Lexington

A rain barrel is an inexpensive means of capturing and storing some of this water for later use. By installing a rain barrel you will not only help reduce pollution from storm water runoff, but also have a supply of free non-chlorinated Ph neutral water for watering your vegetable garden, potted plants and much more! Learn about water conservation issues and how to construct and install your very own rain barrel.



### Workshop 3: Healthy Cooking

Time: 10am-2noon

Instructors: **Chefs Carolyn Gilles and Mary Katherine Miller**, [TheWholesomeChef.com](http://TheWholesomeChef.com)

"We believe in and support local food. We know eating more plants is good for our body. Let Chefs Carolyn Gilles and Mary Katherine Miller and the other instructors at The Wholesome Chef bridge the gap between knowing and doing! This workshop will examine the whys and hows of local food (all diet types welcome!) and then dive into recipes, cooking techniques and discussion of disease prevention and healing through food."

Each workshop \$20 per person. To register or more info go to: [sustainlex.org](http://sustainlex.org), call 859.270.3699 or email: [embryjim@gmail.com](mailto:embryjim@gmail.com)