

Shiitake & Oyster Mushrooming through Quiet Creek's Spring Sustainability Intensive

April 26, 27, and 28

Weekend begins at 3:00 p.m. Friday and ends at 3:00 p.m. Sunday

Detailed Day by Day Itinerary (subject to change):

Day 1	Time	Opportunity	Description	Participants	Location
Friday, April 26	3:00-4:00 p.m.	Check-in Yurt, Barn, Tents	Come set up your resting place at Quiet Creek	QC Stewards 20 Interested Participants	Barn Shop
	4:00-5:00 p.m.	Orientation to Sustainability	Come and learn the intricacies that make Quiet Creek revolve sustainably	Everyone	Front of Barn
	5:00-7:15 p.m.	Dinner Prep & Cleanup	Experience whole- foods cooking	5 Interested Participants (sign up in shop)	House Kitchen
	5:00-6:00 p.m.	Hiking and Biking	Enjoy the nature trails on foot or mountain bike	15 Interested Participants QC Stewards	Hillsgrove Pavilion
	6:00-7:15 p.m.	Dining	Enjoy whole foods dining with mushrooms (recipes included)	Everyone	Hillsgrove Pavilion

	7:30-9:15 p.m.	Pursuing your Passion in Mushrooms	Rusty will offer a slide show of technique which will be followed-up with hands-on mushrooming classes. His book: Growing Shiitake Mushrooms in Western Pennsylvania will be given to students.	Everyone	Hillsgrove Pavilion or Barn Classroom
	9:30-11:00 p.m.	Shower Time		5 Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House, Barn
Day 2	Time	Opportunity	Description	Participants	Location
Saturday, April 27	6:00-7:45 a.m.	Shower Time		8 Folks who like to shower in morning (sign up in shop)	House Bathroom
	7:00-7:45 a.m.	Hike	Come enjoy an early morning stroll (sign up in the shop)	Claire Any Interested Participants	Hillsgrove Pavilion or 2 nd Floor of Barn
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining with mushrooms (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	9:00-12:00 p.m.	Learning Tree ID, Cutting, Drilling, & Inoculation for Shiitake Mushrooms	Discover the specifics for cultivating Shiitake Mushrooms (take home a Shiitake log)	Everyone Rusty	2 nd Floor of Barn or Hillsgrove Pavilion
	12:00-2:00 p.m.	Whole Foods Luncheon:	Discover the deliciousness of	Everyone	Hillsgrove Pavilion or

		European style	mushrooms (recipes included)		2 nd Floor of Barn
	2-4 p.m.	Learning Tree ID, Cutting, Drilling, & Inoculation for Oyster Mushrooms	Discover the specifics for cultivating Oyster Mushrooms (take home an oyster log)	Everyone Rusty	Front of Barn
	4:00-5:00 p.m.	Rejuvenation Time	Relax Hike Mountain Bike Journal	Anyone	Farm
	5:00-6:00 and 7:00-7:15 p.m.	Dinner Prep & Cleanup	Helping make the meal enjoyable to all	5 Interested Participants (sign up in shop)	House Kitchen
	6:00-7:15 p.m.	Dinner	Enjoy whole foods dining with mushrooms (recipes included)	Everyone	Hillsgrove Pavilion or 2 nd Floor of Barn
	7:30-9:15 p.m.	Community Circle	Relaxing, singing, and/or playing instruments	Everyone bring your musical instruments	Harmons Fire Circle or Barn
	9:30-11:00 p.m.	Shower Time		6 Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House, Barn

Day 3	Time	Opportunity	Description	Participants	Location
Sunday, April 28	6:00-7:45 a.m.	Shower Time		6 Folks who like to shower in morning (sign up in shop)	House Bathroom
	7:00-7:45 a.m.	Hike	Come enjoy an early morning walk (sign up in	Claire Any Interested	Hillsgrove Pavilion

			the shop)	Participants	
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining with mushrooms (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	9:15-10:15 a.m.	Optional Activities: Worship: Christ Centered Biking Journaling Yoga	Corporate Gathering (Sign up in shop) On own On own On own	Rusty & Claire Friends Friends Friends	Hillsgrove Pavilion or Barn Trails Garden Your choice
	10:15 a.m.-12:00 p.m.	Medicinal Properties of Mushrooms	Learn how important mushrooms are to your health	Rusty	2 nd Floor of the Barn
	12:00-2:00 p.m.	Lunch Prep & Cleanup	Helping make the meal enjoyable to all	5 Interested Participants (sign up in shop)	House Kitchen
	12:00-2:00 p.m.	Lunch	Enjoy whole foods dining with mushrooms (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	2:00-3:00 p.m.	Mushroom Processing: Drying, Freezing, and Canning	Mastering your Mushroom Passion for year-round enjoyment	Everyone	Hillsgrove Pavilion or 2 nd Floor of Barn
	3:00-4:00 p.m.	Questions Pack Up Clean Up/Compost Good byes		Everyone	