

Fall Harvest  
 Quiet Creek's Intensive Sustainability Seminars  
 October 18, 19, and 20, 2013  
 Weekend begins at 3:00 p.m. Friday and ends at 3:00 p.m. Sunday

Discover the key concepts of preparing the fall harvest at your farm, classroom, university, nature center, or home garden. Learn how make sourdough and sprouted wheat breads, homemade pizza, collect wild and cultivated mushrooms, make kim chi, sauerkraut, pesto, salsa, herb seasoning/tea blends, and fruit leather. Throughout the weekend you will gain sustainable living knowledge, skills, and experience. For seventeen years, Quiet Creek Herb Farm & School of Country Living has been tending to the fall harvest and will share all their knowledge.

Claire and Rusty Orner, owners and stewards of Quiet Creek (a non-profit farm), will incorporate Quiet Creek's model by teaching you the concepts of sustainability related to harvesting food in the fall season. The theory of building a learning community will be applied in hands-on classes which include whole foods cooking, drying, freezing, sprouting, fermentation, and hot water bath canning. In addition to formal classes, the following optional activities are available for those interested: mountain biking (bikes & helmets provided), hiking, yoga, journaling, Sunday worship, and a community music circle (feel free to bring your own instruments!)

Over the course of the weekend, you will enjoy a unique immersion experience as you absorb all the beauty and knowledge that Quiet Creek has to offer. Quiet Creek is an alcohol and smoke free environment with lodging that is rustic and primitive; accommodations on the farm will be based upon registration numbers and may include an earthen floor yurt, a renovated barn, and/or tents. Six delicious, locally and sustainably raised meals will be provided throughout the weekend, and food preferences will be honored. All energy needed for will be produced on site with the solar array and wind turbine, and all waste produced on site will be composted!

Cost: \$275 (\$20 discount for PASA members) includes three relaxing days, 6 whole foods meals practical experience and knowledge to preserve the season's harvest at your location, take home goodies, and enjoy two creative nights of lodging. Class limited to 20 participants. Applications Due: October 5, 2013

**Detailed Day by Day Itinerary:**

Day 1	Time	Opportunity	Description	Participants	Location
Friday, Oct 18th	3:00-4:00 p.m.	Check-in Yurt, Strawbale House, 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 trails on foot or mountain bike	15 Interested Participants QC Stewards	Hillsgrove Pavilion

	6:00-7:15 p.m.	Dining	Experience whole foods dining	Everyone	Hillsgrove Pavilion
	7:30-9:15 p.m.	Pursuing your Passion for Fall Harvesting	Making Fruit Leather	Everyone	Hillsgrove Pavilion or Barn Classroom
	9:30-11:00 p.m.	Shower Time		8 Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House
Day 2	Time	Opportunity	Description	Participants	Location
Saturday, Oct 19th	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.	Stretching	Come and extend your mind and your body	Claire Any Interested Participants	Hillsgrove Pavilion or 2 <sup>nd</sup> Floor of Barn
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining	Everyone Rusty	Hillsgrove Pavilion or 2 <sup>nd</sup> Floor of Barn
	9:00-11:00 a.m.	Whole Foods Preparation	Discover how to make sourdough/ sprouted wheat breads & pesto	Everyone Claire	2 <sup>nd</sup> Floor of Barn
	11:00 -12:00 p.m.	Cultivating and Identifying Mushrooms	Discover how to identify mushrooms in the wild and in cultivation	Everyone Rusty	Front of Barn
	12:00-2:00 p.m.	Whole Foods Luncheon	Discover the deliciousness of homemade pizza (made in an earthen oven!)	Everyone	Hillsgrove Pavilion or 2 <sup>nd</sup> Floor of Barn
	2:00-4:00 p.m.	Preserving by Fermentation: Kim chi and Sauerkraut	Discover the benefits and techniques in making fermented vegetables	Everyone	2 <sup>nd</sup> Floor 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		Everyone	2 <sup>nd</sup> Floor of Barn

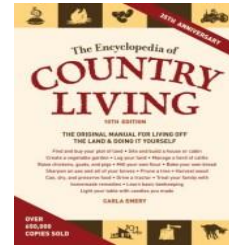
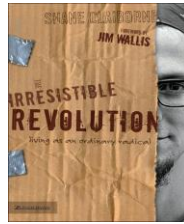
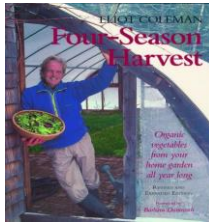
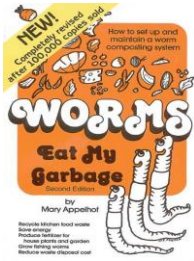
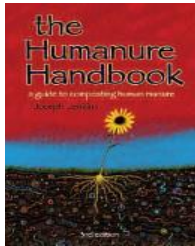
	7:30-9:15 p.m.	Community Circle		Everyone Bring your musical instruments	Harmons Fire Circle
	9:30-11:00 p.m.	Shower Time		6 Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents, House,

Day 3	Time	Opportunity	Description	Participants	Location
Sunday, Oct 20	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.	Stretching	Come and extend your mind and your body	Claire Any Interested Participants	Hillsgrove Pavilion or 2 <sup>nd</sup> Floor of Barn
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining	Everyone Rusty	Hillsgrove Pavilion or 2 <sup>nd</sup> Floor of Barn
	9:15-10:15 a.m.	Worship: Christ Centered  Hiking/Biking  Journaling  Resting	On own  On own  On own	Rusty & Claire  Friends  Friends  Friends	Hillsgrove Pavilion Trails  Garden  Your choice
	10:15 a.m.-12:00 p.m.	Harvesting/Drying/Making Herbal Blends	Develop your own seasoning and tea blends with Quiet Creek herbs	Rusty	2 <sup>nd</sup> 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	Everyone Rusty	2 <sup>nd</sup> Floor of Barn
	2:00-3:30 p.m.	Harvesting/Making/Canning Salsa	Canning using a hot water bath technique	Rusty	2 <sup>nd</sup> Floor Barn
	3:30-4:00 p.m.	Celebration Awards Reflection Questions	- Commitment to Sustainability	Everyone	Hillsgrove Pavilion or 2 <sup>nd</sup> Floor of Barn

	4:00 p.m.	Pack Up Clean Up/Compost Good byes		Everyone	
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**Booklist:**

- 1) Humanure Handbook - Joe Jenkins \* Available free online \*
  - [http://humanurehandbook.com/downloads/humanure\\_sanitation\\_paper.pdf](http://humanurehandbook.com/downloads/humanure_sanitation_paper.pdf)
- 2) Worms Eat My Garbage - Mary Applehof
- 3) Four Season Harvest - Elliot Coleman
- 4) Irresistible Revolution - Shane Claiborne
- 5) Encyclopedia of Country Living – Carla Emery



**Required Packing List:**

- Water bottle
- Flashlight or headlamp
- Towel
- Toiletries \* Handmade soap will be provided \*
- Bedding: Sleeping Bag and Sleeping Pad
- Gardening-type clothing/shoes
- 2 (pint size) and 1 (quart size) jars with canning rings \* We will provide the lids \* \* You get to take home fermented and canned foods \*
- Journal and pen

**Optional Packing List:**

- Mountain bike \* We also have them available at Quiet Creek \*
- Musical Instruments
- Exercise/yoga mat
- Exercise clothing
- Homegrown fruit to make cider (apples, pears, grapes, etc.)
- Bible \* There will be opportunities for Christ centered worship \*
- Books \* Consider brining books to share with others \*



**Food Preferences:**

At Quiet Creek we love to eat free-range, sustainably- raised, tenderly-fed, and passionately prepared vegetables, fruits, grains, cheeses, and meats. We are all about SLOW FOOD. We honor how you nourish your bodies. Please let us know if you have any life threatening food or bee allergies, and/or if you prefer vegetarian, vegan, or “opportunivore” meals! We look forward to breaking bread with you.