

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

April 4 and 5

Seminar begins at 9 a.m. Friday and ends at 5:00 p.m. Saturday

Discover the key concepts of growing, harvesting, preserving, and cooking Shiitake and Oyster Mushrooms, as well as using them for medicine. For eighteen years, Quiet Creek Herb Farm & School of Country Living has been offering workshops on sustainable living – mushrooms are an exciting part of our mission.

Claire and Rusty Orner, owners and stewards of Quiet Creek (a non-profit farm), will incorporate Quiet Creek's model by teaching you how to master your mushroom passion to benefit your diet and health. The theory of mushroom growing, harvesting, preserving, cooking, and medicinal use will be applied in hands-on classes which will stimulate your intellect, your taste buds, and your do-it-yourself knowhow. In addition to formal classes, the following optional activities are available for those interested: mountain biking (bikes & helmets provided), hiking, journaling, and a community music circle (feel free to bring your own instruments!)

Over the seminar, 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 a yurt, a renovated barn, and/or tents. Delicious, locally and sustainably raised meals will be provided throughout the two days, and food preferences will be honored. All energy needed for the seminar will be produced on site with the solar array and wind turbine, and all waste produced on site will be composted!

Cost: \$300 which includes two relaxing days and one night with practical experience and knowledge to put Shiitake and Oyster mushrooming at your location, take home goodies, whole food meals, and creative lodging. Please note that we will offer PASA members a \$20 discount on registration. Attention: This workshop is limited to 20 students, so sign up early.

Detailed Day by Day Itinerary (subject to change):

Day 1	Time	Opportunity	Description	Participants	Location
Friday	9 a.m.	Check-in Yurt, Barn, Tents, Straw bale house	Come set up your resting place at Quiet Creek	QC Stewards 20 Interested Participants	Barn Shop
	9:15-10:30 a.m.	Orientation to Sustainability	Come and learn the intricacies that make Quiet Creek revolve sustainably	Everyone	Front of Barn

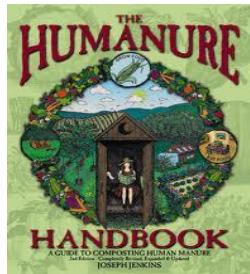
	10:15-11:15 a.m.	Pursuing your Passion in Mushrooms	Rusty will offer a slide show of technique which will be followed-up with hands-on mushrooming classes. His book: Growing Shiitake Mushrooms in Western Pennsylvania will be given to students.	Everyone	Hillsgrove Pavilion or Barn Classroom
	11:15-12:00 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
	12:00-1:00 p.m.	Whole Foods Luncheon	Discover the deliciousness of mushrooms (recipes included)	Everyone	Hillsgrove Pavilion or 2 nd Floor of Barn
	1-5 p.m.	Learning Tree ID, Cutting, Drilling, & Inoculation for Shitake 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 (optional)	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	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		Folks who like to shower at night (sign up in shop)	House Bathroom
	11:15 p.m.	Lights out		Everyone	Yurts, Tents,

				House, Barn
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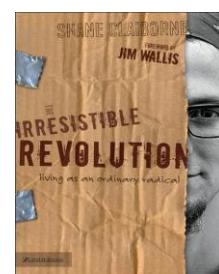
Day 2	Time	Opportunity	Description	Participants	Location
Saturday	6:00-7:45 a.m.	Shower Time		Folks who like to shower in morning (sign up in shop)	House Bathroom
	7:00-7:45 a.m.	Hike	Come enjoy an early morning walk (sign up in the shop)	Claire Any Interested Participants	Hillsgrove Pavilion
	8:00-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining with mushrooms (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	9:15-12:00 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	Hillsgrove Pavilion or 2 nd Floor of Barn
	12:00-1:00 p.m.	Lunch	Enjoy whole foods dining with mushrooms (recipes included)	Everyone Rusty	Hillsgrove Pavilion or 2 nd Floor of Barn
	1:00 p.m.-2:00 p.m.	Medicinal Properties of Mushrooms	Learn how important mushrooms are to your health	Claire Everyone	2 nd Floor of the Barn
	2:00-4:00 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
	4:00-5:00 p.m.	Questions Pack Up Clean Up/Compost Good byes		Everyone	

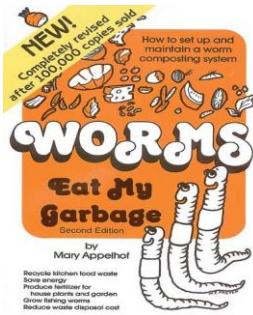
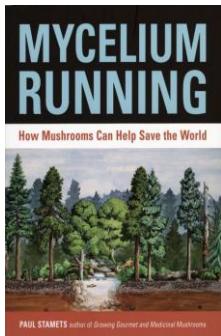
Optional Booklist:

- 1) Humanure Handbook - Joe Jenkins * Available free online *
 - http://humanurehandbook.com/downloads/humanure_sanitation_paper.pdf
- 2) Worms Eat My Garbage - Mary Applehof
- 3) Irresistible Revolution
Claiborne
- 4) Mycelium Running -



- Shane
Paul Stamets





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/gloves
- Journal and pen
- Transportation for your take-home mushrooms logs

Optional Packing List:

- Mountain bike and helmet * We also have them available at Quiet Creek *
- Musical Instruments
- Exercise/yoga mat
- Exercise clothing
- Books * Consider bringing books to share with others *

What to Expect at Quiet Creek?

At Quiet Creek, you can expect to become stewards of the farm with us while you're visiting. This means that you will contribute in shared work and also the shared sense of accomplishment that comes from this work. Accommodations will be shared, and we ask that you keep showers brief. Additionally, we adhere to "Humanure Composting" so you will get to experience this during your stay at Quiet Creek. Lastly, please come prepared to journal about our learning experience.

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.

