

Wild Edible and Medicinal Plants and Mushrooms
 Quiet Creek's
 Sustainability Intensive Seminar

August 7, 8, and 9
 Weekend begins at 3:00 p.m. Thursday and ends at 5:00 p.m. Saturday

Cost: \$300 (\$20 Discount for PASA members). Workshop is limited to 20 students.

Detailed Day by Day Itinerary (subject to change):

Day 1	Time	Opportunity	Description	Participants	Location
Thursday	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
	4:00-5:15 p.m.	Orientation to Sustainability	Come and learn the intricacies that make Quiet Creek revolve sustainably	Everyone with Rusty	Front of Barn
	5:15-7:15 p.m.	Dinner Prep & Cleanup	Experience whole-foods cooking	Claire & 5 Interested Participants (sign up in shop)	House Kitchen
	5:15-6:00 p.m.	Making Earthen Oven Pizzas	Enjoy making a pizzas with all the toppings	Rusty and Walker	Hillsgrove Pavilion
	6:00-7:15 p.m.	Dining	Enjoy whole foods dining with medicinal herbs	Everyone	Hillsgrove Pavilion
	7:30-9:15 p.m.	Pursuing your Passion in Wild Edible and Medicinal Plants and Mushrooms	Claire/Rusty will offer a sensory tour of the woods and meadows	Everyone Claire/Rusty	Hillsgrove Pavilion or Woods and Meadows
	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
Friday	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.	Yoga bring your yoga mats from the yurt or from home	Come enjoy an early morning stretch (sign up in the shop)	Claire Any Interested Participants	Hillsgrove Pavilion
	8:00-9:00 a.m. 8:30-9:00	Whole Foods Breakfast	Enjoy whole foods dining with herbs	Everyone Rusty and 5 clean –up helpers (sign up in shop)	Earthen Oven Picnic Tables or Pavilion, if raining
	9:00-12:00 p.m.	Learning to harvest the plants and mushrooms for culinary and medicine uses	Discover the native plants and mushrooms at Quiet Creek	Everyone Claire	Hillsgrove Pavilion
	12:00-2:00 p.m.	Whole Foods Luncheon: European style	Discover the deliciousness of native plants and mushrooms	Everyone Rusty	Hillsgrove Pavilion
	2-4 p.m.	Learn how to make plant and mushroom preparations and to research the medicinal properties of these species	Discover the specifics for making infusions, tinctures, and capsules with plants and mushrooms	Everyone Claire	Hillsgrove Pavilion
	4:00-6:00 p.m.	Rejuvenation Time	Relax Hike Mountain Bike Journal	Anyone on own or biking instruction with Ashton	Farm

	5:00-6:00 and 7:00-7:30 p.m.	Dinner Prep & Cleanup	Helping make the meal enjoyable to all	Claire with 5 Interested Participants (sign up in shop)	Barn Kitchen
	6:00-7:15 p.m.	Dinner	Enjoy whole foods dining with native plants and mushrooms	Everyone	Hillsgrove Pavilion
	7:30-9:15 p.m.	Community Music Circle	Bring your instruments and voice to share	Everyone Claire	Harmons Fire Circle
	9:15-10:15 p.m.	Shower Time		Folks who like to shower at night (sign up in shop)	House Bathroom
	10:15 p.m.	Lights out		Everyone	Yurts, Tents, Barn

Day 3	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 and identify edible plants and mushrooms	Rusty and Walker Any Interested Participants	Shop
	8:00-9:00 a.m. 8:30-9:00 a.m.	Whole Foods Breakfast	Enjoy whole foods dining	Everyone Claire and 5 helpers for clean-up (sign up in shop)	Earthen Oven Picnic Tables or Pavilion, if raining
	10:00 -12:00 p.m.	Farming the Forest for Native Medicinal Plants: Ginseng, Goldenseal,	Discover all the wealth of knowledge from Pennsylvania's Expert on Ginseng	Eric Burkhart	Pavilion and Woods

		Cohosh and More.			
	12:00-1:45 p.m.	Lunch	Enjoy whole foods dining	Everyone Claire	Hillsgrove Pavilion
	1:45-4:00 p.m.	Farming the Forest for Native Medicinal Plants: Ginseng, Goldenseal, Cohosh and More.	Discover all the wealth of knowledge Pennsylvania's Expert on Ginseng	Eric Burkhart	Pavilion and Woods
	4:00-5:00 p.m.	Questions Pack Up Clean Up/Compost Good byes		Everyone Rusty and Claire	Hillsgrove Pavilion