

2024 Fall Workshops from Blaine CORE at Blaine Sr/Community Ctr

Oct. 9, Wed., 5pm to 7pm—Sauerkraut, Homemade and Healthy!

Yup, good old-fashioned homemade, delicious and crispy kraut, made right in your kitchen, easy & HEALTHY!! Can be made with lower salt levels when you make it yourself. Natural pro&pre biotics to help your micro-biome. We will cover all the basics of fermentation. If you have always wanted to try it, now is your chance to get started.

Simple tools, salt and veggies transform your diet into new and exciting foods. Come explore!

Oct. 16, Wed. 5:30-7pm - Winter Gardening—the Four Season Harvest

We will be talking about what can be “wintered over” in your garden. What effect does winter have on your soil and how to best prepare for a healthy summer growing season. What are hoop houses and how to get a jump on the growing season. Simple hoop house construction and what can you grow with passive protection. We will provide planting tables to help guide your seed buying.

Oct. 19, Sat. 9:30 to 11:30am— Garden to Bed & Digging Dahlias, Dividing Perennials

Overview of putting your garden to bed. How to best create a healthy start for next year *and* minimize your chores. Protecting your plants from the ravages of winter and getting an early start on planting in the spring. We will also be talking about how to dig/divide your Dahlias and/or protect them for “in the ground storage”. Handout on dividing perennials will also be provided.

Nov. 2 Sat, 9:30am-11:30am—Kombucha & Apple Cider Vinegar

Known as “The Elixir of Life”, Kombucha origins remain shrouded in mystery. Some drink it for health, some for flavor. If you have never tried it, now is your chance! We invite you to get in touch with your inner “Ghengis” by learning more about this interesting elixir at this fun, informative presentation. We will be sampling different flavors, demonstrating how to make your own AND sending you home with your own culture (SCOBY) to start brewing. Intro to raw apple cider vinegar and making your own flavored vinegars

Nov 9, Sat, 9:30-11am—Bulbs for Spring Flowers

Time to order and plant those tulips, crocuses, hyacinths, daffodils, etc! It’s easy to create naturalized plantings for specific flower beds,. We will talk about forcing blulbs for an indoor display that will brighten your winter days.

Nov 16, Sat, 9:30-11:30am—INTRO to GARDEN DESIGN 101

We will discuss how to look at your yard as if you were a landscape designer. Especially important for placement of food bearing trees, bushes, vines and vegetable gardens. In this presentation, we will talk about your overall yard including hardscape assessments, materials use, integration

Nov. 20, Wed. 5-7pm—Composting & Bookworm Bin Project

Do you dispose of organic matter in your regular garbage? It's not a good thing for our landfills AND you are throwing away valuable soil building materials! This workshop will get you started to change that!! We will cover the basics of “food waste recycling” and how easy it is by managing worms, indoors and out! The upside - You will see huge benefits in your garden!

Dec. 7, Sat. 9:30-11:30am—Mason Bee Cocoon Cleaning Workshop

This will be a hands on—demo and workshop. Please bring your cocoons in tubes, boards, etc. and willing hands. We are offering a supervised opportunity to learn how to clean your mason bee cocoons to improve your population (and share with friends). Please email fruit@blain-core.com to get a further descriptions of how to transport your cocoons and the supplies that you will need. We will provide space (to be able to “make a mess”), water, colanders, towels and expert advice.

Blaine CORE—www.nwcore.org



www.blaineseniorcenter.org