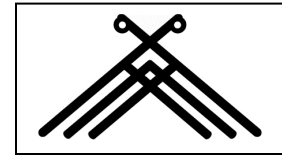


# ***Northern Sustainability Symposium***

## ***Foods: Grown & Gathered***

Updated March 31, 2014



**May 1-4, 2014**

North House Folk School

[www.northhouse.org](http://www.northhouse.org)

888-387-9762

Where does your food come from? With a little skill, the answer can be your own yard! Courses in gardening, bee keeping, alternative heating, apple grafting, basketry and fermentation are just a few of the weekend options as we explore how food, sustainable living and health are linked. Strawbale gardening pioneer Joel Karsten will lead a workshop and give a presentation on this simple form of producing abundant food just about anywhere. We'll be joined by bee researcher Mike Goblirsch, herbalist Gigi Stafne, chef Lucia Watson, wildfoods instructor Eric Edgin and many more. Coursework, tours, speakers, and opportunities for conversation will round out a weekend designed to inspire, engage and educate.

### **HANDS-ON COURSEWORK – EDUCATE.**

Participate in a hands-on, positive learning environment and register for an event course. It's North House Folk School at its best, education with a purposeful outcome to enrich lives and build community. Registration required. Tuition and materials fees vary.

#### **Starting May 1**

- [Exploring Fermented Foods - 2 days](#)
- [Wood-Fired Masonry Cookstove Building - 1 day](#)

#### **Starting May 2**

- [Green Medicines - 1 day](#)
- [Straw Bale Garden Installation - 1/4 day](#)
- [Top-Bar Bee Hive Construction: For the Joy of Keeping Bees - 1 day](#)
- [Microhousing Primer- Experimental Shelter - 1 day](#)

#### **Starting May 3**

- [Black Ash Basketry: An Introduction - 2 days](#)
- [Creating Your Home Herbal Apothecary - 1 day](#)
- [Rocket Stove Workshop - 1 day](#)
- [Graft Your Own Orchard - 1/4 day](#)
- [Grow Your Own Apple Orchard - 1/4 day](#)
- [A to Z of Beekeeping - 1/2 day](#)
- [One Chicken, Two People, Three Meals - 1/2 day](#)

#### **Starting May 4**

- [Boreal Building Basics & Grid-Tied Solar Systems- 1/2 day](#)

### **LUNCH & LEARN SESSIONS: FRIDAY & SATURDAY**

Delicious food, fascinating conversations. Reservations required for Friday & Saturday

#### **Friday, May 2 Noon: Lunch & Learn**

**The Modern Hunter Gatherer- Roundtable Discussion with Shawn Perich & Eric Edgin**

**Angry Trout Café, prices vary; participants order from menu, reservation required**

The appeal of wild foods is growing beyond the big buck hunter, blueberry picker and haute cuisine chef.

Increasingly, people are looking to wild game, so-called "weeds" and other edibles that can be gathered in an

effort to bring new meaning to local seasonal eating. North House instructors Shawn Perich and Eric Edgin will lead a discussion of this growing trend: we'll cover the appeal, ethics and a bit of practical advice for those interested in getting started as a hunter-gatherer. Bring your questions and expect a lively conversation.

### **Saturday, May 3 Noon: Lunch & Learn**

#### **Micro-Housing: (Very) Small Living with Mark Hansen**

**catered by the Whole Foods Coop, held at North House. Reservations for lunch required, or BYO**

You've heard of the tiny house but what about the micro-house? Long-time instructor Mark Hansen is fascinated with simple living under 100 square feet. After years of building boats and small shelters, he's turning his expertise with methods and materials of boatbuilding to this question: how can you design and build a space that is comfortable in the northern climate, lightweight and portable? His one day workshop on the subject is full, but in this FREE lunch and learn session, he'll share images and ideas about the scope of possibilities for small living. Two of his latest projects will be on campus for tours. Lunch by reservation or BYO brown bag

### **COMMUNITY GATHERINGS: THURSDAY, FRIDAY, SATURDAY**

Join fellow students and community members for stimulating and engaging presentations and discussion about sustainability in the North.

#### **Thursday, May 1**

**7pm at North House**

#### **Beyond the Light Switch Film Screening sponsored by CCLEP**

Within 30 years the United States will need to meet an expected 30% increase in electricity demand while cutting carbon emissions and renovating our entire electrical system. We ask the question: What will be the best energy mix moving forward: More coal? Natural Gas? Nuclear? Renewables? Or will Energy Efficiency be our way out? Winner of the DuPont-Columbia University award for journalistic excellence, Beyond the Light Switch is an in-depth and essential addition to America's Energy Debate. Film discussion to follow screening

#### **Friday, May 2**

**7pm at North House**

#### **Straw Bale Gardens with Joel Karsten**

Northern gardening brings its own special challenges: late springs, early frosts, chilly nights, and a distinct lack of the rich, deep soil other more agrarian regions are known for. Not to fear: Joel Karsten, straw bale gardening expert and author of two best-selling books on the subject, is here to get you started growing a bountiful garden no matter what soil mix you have. Straw bale gardening, a new take on container gardening, offers anyone with a patio, rooftop, driveway or open space with good sunlight the opportunity to grow a wide variety of vegetables, root crops, vine crops, and even beautiful flowers, directly into "conditioned" straw bales. No weeding, no kneeling, no hauling in soil. Learn this revolutionary and easy NEW gardening method to create a beautiful and productive garden, without lifting a shovel and without using soil. Joel will discuss the process and offer tips and tricks to make straw bale gardening work for you.

#### **Saturday, May 3**

**5:30 pm at North House**

#### **Wood-fired Community Pizza Potluck**

Bring your favorite pizza toppings to share and beverages for this casual, harbor-side pizza potluck as North House Folk School fires up the wood-fired oven and provides the dough. Enjoy good company and good eats!

**7:30 pm at North House**

#### **Healthy Bees for Healthy Lives with Mike Goblirsch**

Honey bees are perhaps the world's most important pollinators, but the buzz about them lately hasn't been very sweet. Mike will talk about the connection between bees, landscapes, and food security, and how disruption of

bee health has a downstream effect on our own health. Mike is bee researcher at the University of Minnesota with Dr. Marla Spivak.

## **LOCAL SOLUTIONS SEMINARS: SUNDAY, MAY 4**

North House partners with local organizations and individuals to shine a spotlight on sustainability in Cook County. Local discount of 25% applies to full-year Cook County residents. Pre-registration requested.

### **Boreal Building Basics: Walk-Along Energy Audit & Grid-Tied Solar Systems**

**Virginia Danfelt, Chris Norman and Brian Bennett**

**9am-noon**

**\$45, registration required**

After a winter like this one, you probably are well aware of any drafts, missing weather stripping or poor quality windows in your home but the best way to wrap your head around where you can save money and save energy in your home is through an energy audit. By using a blower door and infrared camera, you can actually see where insulation is needed, caulking ought to be done or serious repairs need to be made. Join local energy auditor Chris Norman as he does an audit right before your very eyes on the North House Blue Building!

After the energy audit, we'll move into a more detailed discussion about home construction to maximize energy efficiency and setting up a photovoltaic array in northern MN. Whether you're building, buying or renovating a home you can get more from your structure in terms of comfort and durability by understanding how buildings work. The class will have discussion time with an overview of the basics of building science. This will include design and construction details of insulation, air sealing, ventilation, moisture control and building design for our northern climate. We will investigate what is involved in setting up a solar array to power all or some of your needs. This includes site assessment for solar, how to integrate the system to your building, sizing and metering basics as well as general cost and pay backs.

### **Farm Tour: Lakeview Dairy**

**David Berglund**

**10am: Meet at North House to coordinate car pooling**

**Free**

David Berglund and his family have been providing Cook County with locally produced dairy, eggs, produce and meats for more than ten years. From their idyllic setting overlooking the big lake, Lakeview Dairy runs a closed circle operation—the only thing they purchase from “off the farm” is salt for cows. David will take participants on a tour of his farm, including the new calves, chickens, and four acres of vegetables, and provide insight into what it really means to eat locally.

### **Service Learning Session: Tighten it Up-From Audit to Action**

**Chris Norman**

**1:30pm-3:30pm**

**Tuition: \$10**

Tired of that steady little draft that rolls through your kitchen every morning as you make coffee? Feel like the north wind is a bit too present every night as you climb into bed? If so, then the road ahead is clear – Tighten It Up. This workshop is a hands-on primer for anyone anxious to learn the basic skills that will make a home more energy efficient. This class is REAL work, making North House's blue building more energy efficient by using energy audit data to create an action plan. With a plan in place, student will learn to do it all - caulking, backer rod, outlet baskets, pipe insulation and expanding foam. This workshop is offered in collaboration effort with Cook County Local Energy Project. Students in the morning session “Boreal Building Basics” (during which a real energy audit will be completed) can participate in this class for free.

**North House Folk School** is an independent educational nonprofit committed to enriching lives and building community by teaching traditional northern crafts in a student-centered learning environment that inspires the hands, the heart and the mind. During 2013, North House served more than 2,200 students through hands-on coursework and more than 15,000 people participated in North House's educational programs.

With 140 instructors and 350 plus courses, educational programming is offered throughout the year at North House Folk School. Call 218-387-9762 for a free course catalog or to register for courses. Additional information is available at [www.northhouse.org](http://www.northhouse.org).

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