Women's Environmental Institute 2019

- Course Catalog
- CSA Farm Shares
- Weddings & Retreat Rentals
- Volunteer Opportunities
- Special Events
GET INVOLVED IN ENVIRONMENTAL, FARMING, & FOOD JUSTICE

ECO-RETREAT RENTALS

Become a FRIENDS OF WEI member and book your stay at our Eco-Retreat Center!

The WEI Eco-Retreat Program is committed to creating a space for the health, well-being, creativity, and relaxation of WEI members. The Eco-Retreat Center has rooms available for temporary rentals, either at individual room rates or as part of entire facility rental. Day rentals are also available for group meetings with the group space ideally comfortable for up to 20 people.

FRIENDS OF WEI - MEMBERSHIP

Become a FRIENDS OF WEI member and help support WEI’s mission of environmental, farming and food justice. With your annual membership fee of $50 you will receive:

- **Tax Deduction**: all individual WEI memberships are tax deductible.
- **WEI Annual Newsletter**
- **Rentals at the WEI Eco-Retreat Center**: only WEI members are entitled to rent space in the WEI facility for personal or group meetings.
- **Special WEI member rates**: receive a discounted rate of 10% on CSA shares and selected *Down to Earth* classes.
- **Special WEI member-only focus groups to help WEI staff and board with ideas for WEI** an option for you might want to enjoy.
- **Quarterly E-mail Updates for Friends of WEI**
- **Partner Organizational Memberships**: for group membership details please visit our website or contact jerry@w-e-i.org.

ORGANIC WEDDINGS

Do you hear wedding bells? Select a wedding venue to fit your values - a beautiful, sustainable organic farm and community gathering space where all are welcome.

Wedding rentals include full use the WEI facilities along with expansive vistas of farm fields, rolling apple orchards, and lush forests. We can easily accommodate over 100 guests in an open field surrounded by orchards, suitable for a reception tent. The WEI Eco-Retreat Center offers several overnight rooms for special family and friends and a wedding-suite complete with a wooded overlook and jacuzzi. Of course, we offer the option of fresh seasonal organic produce for your caterer. Call us to schedule a tour, 651-583-0705.
Community Supported Agriculture

CSA - Community Supported Agriculture - Shareholders pay an annual subscription fee and receive a weekly box of organically certified fruits, vegetables, and herbs grown on WEI’s Amador Hill Farm and Orchard in North Branch Minnesota. CSA shares are delivered to drop site partners located throughout the Twin Cities Metro area and North Branch area locations. As shareholders, subscribers share with us the harvest, joys, rewards and inherent risks that are all a part of farming. Visit amadorhillfarm.org for more details including a list of our partner drop-sites.

Workshare options available!

Order your CSA at amadorhillfarm.org or call 651-583-0705 to pay by check or EBT

<table>
<thead>
<tr>
<th>Plan</th>
<th>Price</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>FULL SHARE CSA</td>
<td>$595</td>
<td>18 weeks – delivered every Friday June 14 - Oct 18</td>
</tr>
<tr>
<td>HALF SHARE CSA</td>
<td>$375</td>
<td>9 weeks – delivered every other Friday June 28 - Oct 18</td>
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<tr>
<td>SUPER SHARE CSA</td>
<td>$700</td>
<td>18 weeks – delivered every Friday June 14 - Oct 18</td>
</tr>
<tr>
<td>Spring Greens Box</td>
<td>$250</td>
<td>6 weeks – delivered every Friday April 26 - May 31</td>
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<tr>
<td>Market Share</td>
<td>$300</td>
<td>Buy a $300 Market Share CSA and receive $350 worth of WEI produce at WEI’s booth at Mill City Farmers Market year-round</td>
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North Circle Online Farmers Market

In Chisago and Isanti Counties, residents can take advantage of the North Circle Online Farmers Market by ordering from a group of East Central farmers committed to sustainable and organic growing. WEI manages this program to help create a new regional food system where local customers can conveniently buy from local organic farmers. Drop sites for North Circle produce can be found in North Branch, Cambridge, Isanti, Center City, Stark, Taylors Falls, Wyoming, and Almelund, MN. The food hub runs from the beginning of June to the end of October.

northcirclefoodhub.com
open for business June 1, 2019
Down to Earth  Environmental and Sustainability Education

*Down to Earth* provides curriculum to broadly encompass WEI’s mission of environmental, farming and food justice. It provides an affordable and accessible interdisciplinary education taught by qualified teachers from different walks of life: farmers, artists, writers, therapists, folk school artisans, cooks, activists, thinkers and professors representing diverse social and ethnic communities.

To register for classes or to find full course descriptions, instructor bios, & scholarship opportunities, visit [EVENTS & CLASSES at w-e-i.org](http://www.w-e-i.org).
Medicine of the Trees  🌿 Saturday, February 23, 10:00 a.m. – 1:30 p.m.  
Instructor: Angela Campbell, Flora and Stone  
Registration Fee: $65  
Come spend a day learning all about bark medicine. You’ll leave with the knowledge of how to identify certain medicinal trees, their medicinal uses and how to turn them into medicine.

Herb Farming A to Z  🌿 Saturday, March 2, 2019, 10:00 a.m. – 3:00 p.m.  
Instructor: Nancy Graden, Red Clover Herbal Apothecary Farm  
Registration Fee: $75.00  
This is an in-depth class on growing your own medicinal herbs that will follow the whole process through from germination to harvest, storing and using for your own well-being. Sample herbal teas and take home seeds you will stratify in class to get a heads up on the planting season.

Greenhouse Management  🌿 Saturday, March 9, 9:00 a.m. - 3:30 p.m.  
Instructors: Wayne Haslach, Wayne’s Greenhouses and Garden Center, Stacy, MN & Jacquelyn Zita, Amador Hill Farm & Orchard  
Registration Fee: $50  
Learn the basic principles for operating a production greenhouse, including an overview of soil systems and fertilizers, crop selection, water management, ventilation, and more. Students will tour greenhouses at both Wayne’s Greenhouses and Garden Center and WEI’s Amador Hill Farm.

Women and Chainsaws  🌿 Saturday, March 16, 2019, 9:00 a.m. – 4:00 p.m.  
Instructor: Louise Levy and Emily Ford, Levy Tree Care  
Registration Fee: $65  
If you don’t already love your chainsaw, you will after this class about CHAINSAW LOVE! Students will learn to love using a chainsaw with their new skills in chainsaw safety, maintenance, and operation.

Distilling Essential Oils and Hydrosols  🌿 Saturday, March 30, 2019, 9:00 a.m. – 12:00 p.m.  
Instructor: Marisa Harder-Chapman  
Registration Fee: $50  
Join us as we make essential oils from raw plant materials! We will distill essential oils using two different methods: using a still and using equipment you likely have in your home. You’ll go home with a pre-diluted essential oil roller and bottle of hydrosol.

Making Cold Process Soap  🌿 Saturday, March 30, 2019, 1:00 p.m. – 4:00 p.m.  
Instructor: Marisa Harder-Chapman  
Registration Fee: $50  
Join us as we take the mystery out of soap making. Join us as we take the mystery out of soap making. You’ll learn how to safely work with lye and essential oils to make beautiful bars of moisturizing soap. You’ll go home with a bar of handcrafted soap.

The Herbal Apprentice: From Self Care to Community  🌿 Saturday, April 6, 2019, 9:00 a.m. – 4:00 p.m. through Sunday, April 7, 2019, 9:00 a.m. - 4:00 p.m.  
Instructor: Gigi Stafne MH, ND; Green Wisdom School of Natural and Botanical Medicine  
Registration Fee: $295  
Desire to be more self-sustainable with your personal health care and home? Dabbled with herbalism a bit or maybe even for years informally and now you’re ready to learn more? Combine the intuitive art and solid science of botanical medicine, apprenticing with Master Herbalist, Gigi Stafne, for an intensive weekend.

Oyster Mushroom Cultivation  🌿 Saturday, April 13, 2019, 9:00 a.m. – 1:00 p.m.  
Instructor: Ashley Monk  
Registration Fee: $60  
Mushrooms are a wonderful, high-value, healthy, nutritious and medicinal food to grow in both urban and rural environments, and can be incorporated into many existing growing systems. Learn how to grow oyster mushrooms year-round on straw, coffee grounds, and other media using low-tech, low cost methods.

Building a Tiny House (7-session course)  🌿 Saturday, May 18, 2019, 9:00 a.m. - 4:00 p.m.  
And every third Saturday of the month through October, 9:00 a.m. - 4:00 p.m. - rain or shine  
Instructor(s): Kurt Naumann  
Registration Fee: $250  
Ever thought about building your own tiny house and living in a home, mortgage free? This class is designed to teach beginning construction to registered students who will complete a six-month project to build a tiny (8’ x 12’) house with windows, doors, metal roof and a loft, a home ready for electric and utility installations and possibly a compost toilet for future use.

A Foraged Meal  🌿 Saturday, May 18 2019, 10:00 a.m. – 2:30 p.m.  
Instructor: Angela Campbell, Flora and Stone  
Registration Fee: $50  
From wild weeds to cultivated perennials, our botanical world provides us with an abundance of food most of us overlook. Come learn about wild edibles and how to prepare them into a delicious meal.

Get Involved in Environmental, Farming, and Food Justice – Become a WEI Volunteer – Sign-up at w-e-i.org
Herbs for Kids: Dandelions

Sunday, May 19 2019, 1:00 p.m. – 4:00 p.m.
Instructor: Marisa Harder-Chapman
Registration Fee: $25 per family
Learn how to use all of those dandelions that pop up in your yard! Kids aged 6-10 will make a tasty treat and fun craft, all while wearing dandelion crowns.

Organic Farming 101

6 or 8-week course, select one of three sessions
Session 1 Begins Tuesday, June 4 (6 weeks)
Session 2 Begins Tuesday, July 16 (6 weeks)
Session 3 Begins Tuesday, Sept 3 (8 weeks)
Instructor: Jacquelyn Zita, Melissa King, Shoua Lee
Registration: $250 per session
Learn about the year-long practice of running and operating an organically certified farm. Each session is a combination of classroom and in-the-field learning while you live on-site at Amador Hill Farm and Orchard Tuesday – Friday. Students will learn principles and practices of organic farming; organic certification, record keeping, and farm planning; theories and methods of weed, pest and soil management. Topics include IPM, cover cropping, composting, vermiculture, aquaponics, orcharding, raising chicken, managing hoop houses, flower and herb gardening, food handling, as well as marketing and selling your product.
See Certificate Program below.

Women and Fly Fishing

Saturday, June 8, 2019, 9:00 a.m. – 5:00 p.m.
Instructor: Monta Hayner; Fly Fishing Women of Minnesota
Registration Fee: $75
Have you ever wanted to learn to fly fish? Now is your chance! Come learn in a supportive community of women. This introductory class will cover what you need to get started: equipment and jargon, casting instruction and practice, knot tying, fish and insect identification, fishing etiquette and safety.

Fundraising for Community Justice: A Practical Workshop for Change Makers

Saturday, July 6, 2019, 1:00 p.m. – 4:30 p.m.
Instructor: Aileen Kasper
Registration Fee: $40
Practical fundraising skills for the community justice changemaker. Learn capacity-building and fund development essentials. Will cover nonprofit, grassroots, and political fundraising. Interactive and tailored to the experience level and needs of the individuals participating.

Women and Deer Hunting (6-sessiion course)

Sept 14, Oct 6, Nov 3, 8, 9 and 10, various times
Instructors: Abigail Hehner and Mike Mackiewicz
Registration Fee: $250
This is a class for those traditionally left out of learning how to hunt and prepare for the hunting season in Minnesota. The class will provide a basic introduction and guided experience on firearms handling for hunting, hunting safety and teamwork, and basic strategies for hunting deer in the Minnesota woods.

Kombucha Brewing

Saturday, October 5, 2019, 1:00 p.m. – 3:30 p.m.
Instructor: Susie Danielowski
Registration Fee: $55.00
Learn about the many health benefits of drinking kombucha and how to brew your own. Students will each go home with everything they need for a lifetime of kombucha brewing!

Death, Dying, and Green Burial

Saturday, November 2, 2019, 10:00 a.m. – 4:00 p.m.
Instructor: Carol Geisler, Ph.D.; Associate Professor in Holistic Health Studies, St. Catherine University
Registration Fee: $75
In this workshop we will collaboratively examine the growing trend of reclaiming the naturalness of our death processes including embracing the dying journey, home vigils, family-directed rituals and funerals, and options for green/environmentally friendly burials.

Will Allen Farmer Training Weekend

Saturday, September 28 – Sunday, September 29
Instructor: Will Allen, world-renowned urban farmer
Registration Fee: $275
A full weekend of hands-on workshops in sustainable farming methods. Options will include building a passive solar greenhouse, growing industrial hemp, growing microgreens, cultivating mushrooms, herbalism, building soil through composting and vermiculture, keeping Honeybees, growing fish and greens together through aquaponics and more.

Dianne's Country Kitchen:
A Tradition of Putting-Up-Food

This four-part series in food preservation- an important component of sustainability and a good way to extend your local food consumption into winter months. Take individual classes or the whole series.
Instructor: Dianne Patras; Master Gardener, Food Preservationist
Berries, Jellies, and Jams
Saturday, July 6, 2019, 9:00 a.m. – 12:30 p.m.
Making Pickles
Saturday, July 27, 2019, 9:00 a.m. – 12:30 p.m.
Canning Tomatoes and Salsa
Saturday, Aug. 24th, 2019, 9:00 a.m. – 12:30 p.m.
Fermentation – Sauerkraut and More
Saturday, Oct. 5th, 2019, 9:00 a.m. – 12:30 p.m.

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Knitting for Beginners

Saturday, December 7, 2019, 9:00 a.m. – 2:00 p.m.
Instructor: Maggie Whitman
Registration Fee: $50
Techniques for beginner and beyond will be covered: choosing appropriate yarn and needles, making a gauge, casting on, casting off, the knit stitch, the purl stitch, stockinette stitch, and garter stitch. Students will go home with a project to finish on their own.
Walk on the Wild Side
Saturday, June 8, 2019, 10:00 a.m. – 3:30 p.m.
Instructor: Angela Campbell; Flora and Stone
Registration Fee: $50
Spend a day at WEI ‘walking on the wild side’. You’ll learn about the medicinal plants that grow all around us and how to turn them into medicinal tinctures. We’ll photo document the medicinal plants and create our own digital identification catalog.

Organic IPM for Apple Orchards
Saturday, June 29, 2019, 9:00 a.m. – 2:00 p.m.
Instructor: Jacquelyn Zita, Amador Hill Farm & Orchard
Registration Fee: $40
Learn about Integrated Pest Management (IMP) for Organic Orchards. Learn the typical pests that visit our orchard and organic methods for controlling and living with these pests.

Aquaponic Farming (9-session course)
Sunday, September 8, 2019, 1:30 p.m. – 4:00 p.m. And the second Sunday every month through May 1:30 p.m. – 4:00 p.m.
Instructor: Chad Hebert, The Urban Farm Project
Registration Fee: $250
Aquaponic Farming is the art and science for the cultivation of fish and plants together in constructed, re-circulating closed loop eco-system utilizing natural bacterial cycles to convert fish wastes into plant nutrients. This is a nine-month hands-on course following an annual cycle from fingerlings to mature yellow perch.

Certification: This course may be used for full credit by participants in WEI’s Aquaponic Farming Certificate Program. You can also register for this course without joining the Certificate Program. See Certificate Program information below.

Herbalism and Environmental Health Certificate Program: Learn how to grow organically certified herbs, harvest and dry herbs, prepare remedies, salves, and tinctures from the wild and cultivated herbs; create a personal botanical medicine chest; practice simple diagnostics, remedies and first aides with herbs; plan and plant your own herb garden for food and health. All herbalism classes offered by WEI are eligible for credit that can be applied to the certificate program. Certificate-seeking students register for 30 credits over a two-year period, with one weekend-intensive foundation required course - The Herbal Apprentice April 6-7, 2019 (with Gigi Stafne), or Herbalism and Environmental Health, Level One to be offered in 2020 (with Gigi Stafne). A practicum experience of 80 hours in the Amador Hill herb garden.

Organic Apple Farming Certificate Program: This is a flexible learning and mentorship program where you can learn to manage an organically certified apple orchard. This certification program includes select WEI orcharding classes and one full growing season of mentoring. Students completing 120 hours of practicum orchard work at WEI will be eligible for a fall orchard employment position on WEI’s Amador Hill Orchard. Topics include pruning, grafting, planting, thinning and harvesting fruit, pest management, sorting, sizing, food handling and marketing. Includes registration for Pruning and Grafting class, and Organic IPM for Apple Orchards class.
Registration: $250
Start date: Saturday, February 16, 2019, flexible or variable
Instructors: Jacquelyn Zita, Dave Gutknecht, Jim Birkholz, Eric Gustafson.

CERTIFICATE PROGRAMS at WEI 2019
Women’s Environmental Institute at Amador Hill

15715 River Road
North Branch, MN 55056
651.583.0705
wei@w-e-i.org
w-e-i.org
amadorhillfarm.org

“The Women’s Environmental Institute is a place for women and allies to renew, learn and organize for environmental justice”. (Original Mission Statement 2003)

The Women’s Environmental Institute (WEI) is an environmental research, renewal and retreat center designed to create and share knowledge about environmental issues and policies relevant to women, children and identified communities affected by environmental injustice; to promote agricultural justice, organic and sustainable agriculture and ecological awareness; and to support activism that influences public policy and promotes social change.

Our mission brings together agricultural, food and environmental justice, one community at a time; one farm at a time, one person at a time and all of us together.