Women's Environmental Institute
2020 Catalog

Course Listings
CSA Farm-Share Details
Weddings & Retreat Rentals
Volunteer Opportunities
GET INVOLVED IN ENVIRONMENTAL, FARMING, & FOOD JUSTICE

ECO-RETREAT & FARM STAYOVER CENTER

NEW IN 2020 the Eco-Retreat and Farm Stayover Center reopens with a newly remodeled rental facility focused on providing an Eco-Friendly space for relaxing getaways in the country. Seek out quiet personal time at WEI with friends or family. Enjoy the farm setting with beautiful woodlands and many rural amenities nearby – small town festivals, art tours, wineries, antique shops, state parks, hiking, fishing, snowshoeing and more. Just a few miles from the St. Croix River and Taylors Falls – an easy one-hour drive from the Twin Cities. Environmental and Climate Justice organizers will find this an ideal place for meetings and retreats to inspire and mobilize your efforts. Become a Friends of WEI member and your membership fee goes towards your first Farm Stayover.
Open September – May, reserve your FARM STAYOVER online today at w-e-i.org.

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 Farm Stayover Center: only WEI members are entitled to rent space in the WEI facility for personal or group meetings.
- Special WEI member rates: receive select discounts on CSA shares and 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. 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

We make it easy to use EBT/SNAP benefits for your CSA, call to set up a plan!

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<tr>
<th>Plan</th>
<th>Price</th>
<th>Weeks</th>
<th>Delivery Schedule</th>
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<tbody>
<tr>
<td>SPRING GREENS CSA</td>
<td>$250</td>
<td>6</td>
<td>May 1 – June 5</td>
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<td></td>
<td></td>
<td>¾ bushel box</td>
<td>7-10 produce varieties per box</td>
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<td>PEAK-SUMMER GOURMET</td>
<td>$300</td>
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<td>July 10 – August 28</td>
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<td>¾ bushel box</td>
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<td>AUTUMN BOUNTY</td>
<td>$250</td>
<td>6</td>
<td>September 18 – October 23</td>
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<td>¾ bushel box</td>
<td>7-10 produce varieties per box</td>
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Market Share.........................$300
Buy a $300 Market Share CSA and receive $350 worth of WEI produce at WEI’s booth at Mill City Farmers Market year-round.

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, 2020
Down to Earth: Sustainability & Justice Education
A Program of the Women’s Environmental Institute

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, herbalists, artists, writers, therapists, folk school artisans, cooks, activists, thinkers, and professors representing diverse social and ethnic communities.

To register for classes or to read full course descriptions, instructor bios, & scholarship opportunities, visit EVENTS & CLASSES at w-e-i.org/event/.

A Full Weekend of Herbalism
- Friday, April 3 – Sunday, April 5
- Overnight accommodations available at WEI’s Eco-Retreat Farm Stayover Center.

Natural Approaches to Lyme Disease
- Friday, April 3, 3:30 – 6:00 p.m.
- Instructor: Gigi Stafne MH, ND, Green Wisdom
- School of Natural & Botanical Medicine
- Registration Fee: $40

Are you a nature lover who spends much time outside? Tick bites bothering you? Concerned about Lyme Disease and Co-infections? Learn how to support your body naturally from prevention to herbs for short- and long-term care if you’re worried about Lyme Disease or have been impacted by this condition.

Environmental Health & Herbalism Program - Level I
- A weekend intensive course
- Saturday, April 4 – Sunday, April 5, 9:00 a.m. – 4:00 p.m.
- Instructor: Gigi Stafne MH, ND, Green Wisdom
- School of Natural & Botanical Medicine
- Registration Fee: $295

Are you seeking a relevant, progressive educational experience that provides a strong basis in Herbalism, Holistic Medicine and Environmental Health?
Botanical medicine basics, naturopathic principles, and ecological health are at the core of this foundational level certificate course. Deepen wisdom, sharpen skills and improve upon personal

A Mother’s Day Weekend Special
- Friday, May 8 – Sunday, May 10
- Overnight accommodations available at WEI’s Eco-Retreat Farm Stayover Center.

Botanical Medicine for Environmental Health Illnesses
- Friday, May 8, 3:30 a.m. – 6:00 p.m.
- Instructor: Gigi Stafne MH, ND, Green Wisdom
- School of Natural & Botanical Medicine
- Registration Fee: $40

Pesticides, Insecticides, Preservatives, Poisons. Toxins are irritating, intense and injurious to the human body and earth. What are some of these common exposures? What can you do to minimize their impacts? There are at least one dozen herbs and foods to help cleanse and support yourself naturally. Boost your health with Herbalism!

Women’s Health Naturally
- Saturday, May 9, 9:30 a.m. – 12:30 p.m.
- Instructor: Gigi Stafne MH, ND, Green Wisdom
- School of Natural & Botanical Medicine
- Registration Fee: $40

What are the top herbs and natural remedies for women for health, happiness, and wellness?
From stress to cardiovascular health, there are botanicals to help boost you optimally in life. Women in all stages of life will benefit from this fun, inspiring Mother’s Day weekend workshop.

Women’s Environmental Institute
- All classes listed are eligible for FRIENDS OF WEI member discount except for Organic Farming 101.
- All classes listed are held at WEI’s Amador Hill Farm, 15715 River Road, North Branch, MN.

Herb Farming A to Z
- Saturday, February 15, 10:00 a.m. – 3:00 p.m.
- Instructor: Nancy Graden, Red Clover Herbal Apothecary Farm
- Registration Fee: $75

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.

Pruning and Grafting Apple Trees
- Saturday, February 22, 10:00 a.m. – 3:30 p.m.
- Instructors: Eric Gustafson, Branch Landscape Nursery & Jim Birkholz, Pleasant Valley Orchard
- Registration Fee: $65

This class will provide an overview of fruit tree growing habits and the reasons why we prune, along with an introduction to pruning techniques and principles, followed by an actual demonstration of pruning on the WEI Amador Hill Orchard. In the afternoon, you will learn how to create your own orchard through the techniques of grafting.
Women and Chainsaws
Saturday, February 29, 9:00 a.m. – 4:00 p.m.
Instructor: Louise Levy & Emily Ford from Levy Tree Care
Registration Fee: $75
If you don’t already love your chainsaw, you will after this class about CHAINSAW LOVE! Students gain confidence in using a chainsaw with their new skills in chainsaw safety, maintenance, and operation. Students will have a hands-on lesson in chainsaw maintenance, and watch a live demonstration in chainsaw operations. A Year in the Life of Honeybees
An 8-month certificate training course
4th Sunday of each month, March – October
12:30 p.m. – 4:00 p.m.
Start Date: Sunday, March 22
Instructors:
Mike Mackiewicz, Bone Lake Meadows Apiary
Registration Fee: $250
*Class meets requirements for Urban Honeybee Permit
This experiential class will cover the art and science of keeping bees in northern climates. The eight-session class is designed for beginning beekeepers and will provide hands-on experience at each turning point of the season. Each session will focus on the changing tasks that are involved with keeping bees and will include one-on-one time with the hives, guided by Mike Mackiewicz from Bone Lake Meadows Apiary and co-founder of the Amador Hill Bee Club.

The Sun Hive: A Sustainable Approach to Living with Bees
Saturday, March 28, 9:00 a.m. – 5:00 p.m.
Instructor: Kelsey Love, Heirloomista
Registration Fee: $90
Interested in helping the bees and changing the conversation around pollinator health? The Sun Hive is an alternative beehive that allows honeybees to live in a more natural way according to their own innate criteria. Join Kelsey Love from Heirloomista to learn how to make The Sun Hive, a biodynamic beehive, featured in the film Queen of the Sun.

Lingering with Nature: Charcoal Drawing with the Untapped Mind
Sunday, April 19, 11:00 a.m. – 3:00 p.m.
Instructor: Emma Schurink
Registration Fee: $45.00
The secret to learning how to draw is learning how to see. Look closely at lines, shapes, and textures, and observe how light creates shadow. Draw what your eyes discover using the simple and versatile medium of charcoal. Charcoal drawing supplies will be included in registration fee. Take home and continue your work.

Ecopoetics: A Writing Workshop at the Farm
Saturday, May 2, 10:00 a.m. – 4:00 p.m.
Instructor: Angela Hume, Assistant Professor of English, Creative Writing, and Environmental Literature, UMN, Morris
Registration Fee: $75
This workshop will introduce participants to “ecopoetic,” or ecological poetry and prose writing. We will explore ecopoetic through site-specific writing exercises that challenge us to ask: What role can creative writing play in shaping our perceptions of the natural world? We will take our practices beyond the page through engagement with the local environment.

Herbal Help for Humanity: Adaptogens and Alternatives
Saturday, May 9, 1:00 - 4:00 p.m.
Instructor: Gigi Stafne MH, ND, Green Wisdom School of Natural & Botanical Medicine
Registration Fee: $40
It is essential to engage in self-care whether that is yoga, mindfulness or even activities such as kayaking. Alongside such self-care are Herbal Adaptogens and Alternatives, two categories of herbal allies well suited to help cope with daily life stressors.

Organic Herb Farming:
Cultivation, Foraging, Harvesting and Making Use of Medicinal & Culinary Herbs
A 6-month certificate training course
2nd Sunday of each month, May – October
12:30 p.m. - 4:00 p.m.
(May 17*, June 14, July 12, Aug 9, Sept 13, Oct 11)
*Start date delayed one week due to Mother’s Day
Instructor: Carolyn Smith, Herbalist, carolynherbs.com
Registration Fee: $250
In this class we will meet monthly over 6 months of the growing season to learn organic cultivation of medicinal and culinary herb varieties and foraging of medicinal/culinary species that grow in the Midwest. We will also learn basic medicinal preparation techniques and cover medicinal and culinary uses of a variety of plants. Students are required to complete a 32-hour practicum during the course period to help take care of the herb farm when class is not in session.

Foraging at Amador Hill Farm
Saturday, May 30, 9:00 a.m. – 2:00 p.m.
Instructor: Maria Wesserle
Registration Fee: $50
Join Maria Wesserle of Four Season Foraging as we hike the woods and fields of Amador Hill Farm in search of late springtime foragables. We will harvest and cook the wild bounty together, collectively creating a memorable meal.

Climate Activism Retreat at WEI
Saturday, March 21, 9 a.m. – 4 p.m.
Registration Fee: $50
Environmental Justice: Map It / Fight for It

Saturday, June 6, 9:00 a.m. - 4:00 p.m.
Instructor: Karen Joy Clark, retired MN legislator, WEI Activist Executive Director
Registration Fee: $45

What is environmental justice? Explore this question with WEI's Activist Executive Director, Karen Joy Clark and her 40+ years of experience on this issue. If you are a climate activist or social activist or want to know more about environmental justice, you won't want to miss a day with Karen and her legacy work. Readings and guest speakers included.

Fly Fishing for Women

Saturday, June 13, 9:00 a.m. – 4:00 p.m.
Instructor: Monta Hayner, Fly Fishing Women of MN
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.

Organic IPM for Apple Orchards

Saturday, June 27, 9:00 a.m. – 3:00 p.m.
Instructor: Jacquelyn Zita, Amador Hill Farm Manager
Registration Fee: $40

Learn about Integrated Pest Management (IPM) for Organic Orchards - how to manage an apple orchard without using petrochemical pesticide sprays or synthetic fertilizers. Learn about the typical pests that visit our orchard, how to understand their life cycles, and organically certified methods for minimizing or balancing their populations. Learn about apple ranking in the Dirty Dozen.

Environmental Health & Herbalism Program - Level II

A weekend intensive course
Saturday, Aug. 22 – Sunday, Aug. 23, 9:00 a.m. – 4:00 p.m.
Instructor: Gigi Stafne MH, ND, Green Wisdom School of Natural & Botanical Medicine
Registration Fee: $295

A weekend intensive in natural and botanical medicine, as well as holistic health principles, weaving together help for individuals and communities coping with emotional toxins and contemporary stressors and from ongoing bombardment of daily environmental toxins to community violence. An engaging course that builds upon Level 1 Environmental Health & Herbalism.

Take the next nourishing step in naturopathic principles, environmental health, and herbalism in this Level Two, Intermediate foundational course. In this class, natural and botanical medicine, as well as holistic health principles, are woven together to assist in the healing we need from emotional toxins and contemporary stressors and the ongoing bombardment of daily environmental toxins and community violence. Problems will be assessed, addressed and creative, holistic and herbalist solutions applied to case scenarios. Students will learn how to work on individual patient environmental health case scenarios and more complex community health eco-threats. Graduates of this Level 2 course will successfully integrate concepts and skills derived from personal approaches, as well as strategies from public health to the CAM, Complementary Alternative Medicine professions.

* Three-day option – includes a three-day workshop on winter farming and hoop house construction that starts Friday, September 25.

Kombucha Brewing

Saturday, October 10, 1:30 - 4:00 p.m.
Instructor: Susie Danielowski
Registration Fee: $45

Learn about the many health benefits of drinking kombucha and how to brew your own. This class is a good supplement to the morning Sauerkraut class.

Death, Dying, and Green Burials

Saturday, November 7, 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.
### Canning Tomatoes and Salsa
Saturday, July 25, 9:00 a.m.

### Making Pickles
Saturday, June 27, 9:00 a.m.

### Berries, Jellies, and Jams
Preservationist Instructor
Registration Fee

*Important component of sustainability

### Dianne’s Country Kitchen:
**A Tradition of Putting-Up-Food**
This four-part series in food preservation is an important component of sustainability and a way to extend your local food consumption into winter months. Students will take home jars of what they prepare in each class.

*Take individual classes or the whole series.

**Registration Fee:** $45 per class
**Instructor:** Dianne Patras; Master Gardener, Food Preservationist

### Berries, Jellies, and Jams
Saturday, June 27, 9:00 a.m. – 12:30 p.m.

### Making Pickles
Saturday, July 25, 9:00 a.m. – 12:30 p.m.

### Canning Tomatoes and Salsa
Saturday, Aug 29, 9:00 a.m. – 12:30 p.m.

### Fermentation – Sauerkraut and more
Saturday, Oct 10, 9:00 a.m. – 12:30 p.m.

### AQUAPONIC FARMING
**An 8-month certificate training course**
2nd Sun of each month, September 2020 – April 2021
1:30 – 4:00 p.m.

**Start Date:** Sunday, September 13
**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 a constructed, re-circulating closed-loop ecosystem utilizing natural bacterial cycles to convert fish wastes to plant nutrients. This course will begin with the basics of aquaponics and aquaculture. The topics will range from aquaponic water chemistry and fish ecology, design and equipment for aquaponic tubs, fish and plant health, planting techniques for growing aquaponic vegetables, system maintenance and equilibrium, equipment resources, lighting/energy efficiency, spawning and fish ribbons, harvesting and market planning, and regulations for aquaponic farming in Minnesota. Graduates of this course will earn a Certificate in Aquaponic Farming.

### Organic Farming 101
A Certificate Class designed for students who plan to become organic farmers or work with organic farmers in the local and sustainable food system.

**Students will live, work, and learn on WEI’s Amador Hill Farm**

**Session One:** is a 3.5-month certificate course that introduces students to all basic systems of an Organically Certified farm

**Dates:** May 16 - August 28, 2020  
**Tuition:** $2,500, includes room and partial board

**Session Two:** is a 1.5-month course which introduces students to management level skills in running a fall/winter Organically Certified farm

**Dates:** September 13 - October 30, 2020  
**Tuition:** $2,500, includes room and partial board

**Tuition for both sessions:** $3000, includes room and partial board

In **Session One** all the basics in organic farming are covered and put into daily farming practices. Over the course of several months of study and training, students will learn different aspects of growing crops organically with hands-on work at the garden scale and the tractor-cultivated work at the field scale. Students will also become familiar with different kinds of farm plans: growing for a small CSA, for farm stands/farmers market and for wholesale and/or restaurants. Successful graduates from **Session One** will be eligible to continue with **Session Two** which starts in early September. In **Session Two** students will advance to the knowledge and managerial skills needed to run an organically certified farm in the autumn and early winter. This will include management and field responsibilities for full harvesting and marketing, winterization of the farm, winter farming startup, and 2020 farm review for next year’s farm plan. Graduating students will be awarded **WEI’s Organic Farming Certificate of Completion.** Learn more at w-e-i.org under Down-to-Earth, Certificate Programs.

*(this course is not eligible for Friends of WEI discount)*

### Walking with Poets in the Woods
**Saturday, November 21, 10:00 a.m. – 4:00 p.m.**
**Instructor:** Nancy Victorin-Vangerud, Ph.D Religion, University Chaplain, Hamline University

**Registration Fee:** $65

Poetry has the power to restore and heal, both within our lives, and in our relations with land and neighbors. In this one-day workshop, we will reflect on a series of poems by Mary Oliver, Joy Harjo, Wendell Berry and Alice Walker. Their wise words invite us to see anew our place in Earth-community, a place of humility, gratitude, wonder and dare.

### Winter Solstice
**Saturday, Dec. 19, 4:30 p.m. - Sunday, Dec. 20, noon**
**Instructor:** Kaia Svien, M.S., Spiritual Guide, Program Designer Mindfulness - Changing Times and Performance Artist, Doe Hoyer

**Registration Fee:** $100

An intimate soul-searching night of Awakening. During the Longest Night of the year, nestled into deep winter, we’ll look into the emotional burdens we’ve each been carrying this year and invoke transformation and release from them as the Sun begins its return.

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**SPECIAL EVENTS AT WEI**
- WEI’s Annual Red Ball Party - Mar 14
- WEI’s Annual Open House - May 23
- Coop Farm Tour - July 11
- Pizza on the Orchard - Wednesdays in August
- Picnic Operetta - Aug 9 at WEI
- Pumpkin Giveaway - Oct 24
- WEI’s Annual Cider Saturday - Nov 14
- Almond Apple Feast - Sept 20

**MORE INFO AT w-e-i.org/events/**