



Practice Sustainable Living Workshops

Saturday – March 19th, 2022

Sponsored by Orange Environment, Inc., a non-profit organization protecting Orange County's natural resources and promoting the sustainability of its communities.

Put your boots on and get your feet muddy with two hands-on/feet-on sessions on how to put sustainable methods into practice in your own backyard!

MORNING SESSION	AFTERNOON SESSION
<i>Grow Mushrooms in Your Backyard</i>	<i>Growing Vegetables from Seed to Harvest</i>
<ul style="list-style-type: none"> When: 9:30 AM to 12 noon 	<ul style="list-style-type: none"> When: 1:30 - 4:00 PM
<ul style="list-style-type: none"> Where: <i>The Oasis @ Warwick</i>, 10 Fence Road, Warwick, New York 10990 	
<ul style="list-style-type: none"> Cost: \$50 	<ul style="list-style-type: none"> Cost: \$25
<p>Topics Covered: Mushrooms are a remarkable resource of food and medicine that humans have cultivated for millennia.</p> <ul style="list-style-type: none"> Participants learn how to grow shiitake mushrooms on tree logs, inoculate logs with spores, identify conditions for maintenance and harvest. The applications on using mushrooms for medical treatment will be introduced. One FREE oak tree log and the spawn will be given to each participant to bring back home. 	<p>Topics Covered: How to plan your home garden and select the sites for planting, as well as plants for different seasons is critical and will be fully discussed.</p> <ul style="list-style-type: none"> Starting seeds indoors, using raised beds, containers or vertical gardening, building healthy soil, applying fertilizers and pest control, and harvesting will be presented and open for questions. Hands-on session on planting a variety of seeds will be provided for each participant. FREE seed packets and germination containers provided to each participant.
<ul style="list-style-type: none"> Instructor: Joseph Gregoire, Certified Mushroom instructor and grower of hops for local breweries, mushrooms for local restaurants, and maple syrup for family and friends. 	<ul style="list-style-type: none"> Instructor: Keith Riddick, over 30 years of experience in vegetable gardening and developing community and school garden projects.
<ul style="list-style-type: none"> Total participants limited to 15 so register early to reserve your spot. CDC Guidelines will be followed with social distancing. Initial instruction presented in large barn with social distancing; hands on instructions will take place outside. Please bring your own masks, snacks, drinks, and lunch if you are staying for both sessions. 	
<ul style="list-style-type: none"> Pre-registration and pre-payment required by March 5th - please go to www.orangeenvironment.com to sign up. Sign up for both sessions and the fee is only \$65 or invite your friends to join you at the same session and save 10% for each person. For more info contact Peter Lai at 845-313-4246 or at peterl@frontiernet.net. 	