

PermaFarm Weekend

at Black Oaks Eco Campus

Saturday June 7th & Sunday 8th 2014



Intro to Permaculture

Mushroom Cultivation

Composting



Grassroots Herbal Medicine

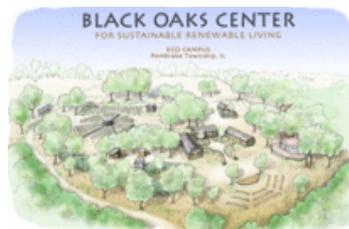
Intro to Permaculture

Composting

Vermiculture



Sponsored By



Saturday June 7th

9:00am-10:15am	Registration, Snacks, & Mingling
10:15 am-11:00am	Welcome & House keeping
11:00am-11:45am	Walking farm tour and orientation
11:45am-12:00pm	Overview of the weekend schedule
12:15pm-1:00pm	Lunch

1:00pm-3:00pm **First Session Grassroots Herbal Medicine. Dr. Jifunza Wright Carter** Cultivating Herbs, Most of the synthetic medications are petroleum base, so it's important that people learn the plant medicines that are available and preventative practices that they can put in place using medicinal herbs. This workshop covers a range of culinary herbs to bushes that can be cultivated to help with digestion disorders, pediatrics, stress, respiratory problems, gyn problems, etc. Making seedlings, cuttings, and take home!

3:30pm-4:00pm Open - **PermaBits Fred Carter**

4:00pm-6:00pm **Second Session Mushroom Cultivation. LauraLyn Clawson** Learn to the basics of mushroom biology and various ways to cultivate mushrooms on your farm or homestead. Join us as we experiment with different substrates and strains of mycelium at the farm!

6:00pm -6:30pm Open - **PermaBits Fred Carter**
6:30pm-8:00pm Dinner Table Chat with Mark Haygood & Tent Setup
8:30pm Campfire Cultural Share

Sunday June 8th

7:30am-8:00am Morning Reflection
Start your morning with community member led morning reflections silent meditation and a few morning yoga poses and stretching.

8:00am-9:00am Breakfast

9:00am-10:30am **Third Session Living Biological Worm Systems and Compost Seeding. Erika Allen**
Learn how to construct a bed using Compost that is nutrient dense and a bio-habitat for microbes forming a soil web. Learn how to care for the bed and magnify the soil nutrients. Participants will learn how to broadcast seed and to use a similar system to build a worm depository.

10:45am-12:15pm **Fourth Session Raft P Crop Planning. Erika Allen**
Participants will create a simple crop plan based on their financial goals. We will explore crop selections for farmers markets, wholesale, CSA and Restaurant sales.

Culinary Use of Herbs Class. Chef Fresh Cook with Chef Fresh a meal full of Herbal flavors

12:00pm-1:00pm Lunch

1:00pm – 2:30pm **Herbal Wildcrafting. Marc Haywood**

Walk and identify and learn various plants and their uses

2:30pm – 3:00pm Community goodbye, pack up and exit

Presenters



Dr. Jifunza Wright Carter

A family physician boarded in holistic integrative medicine. She is also a community health advocate. For her, the work she does here is the higher healing work. "We have a wonderful opportunity before us to transform our lives and our relationships with ourselves and the planet. The commitment of Black Oaks Center for Sustainable Renewable Living is the children. Giving them the tools and the skills for the future." The Health Food Hub is potentially the full expression of a holistic system that has allowed her to get out of the exam room and into the lives of her patients to improve the well being of people, the economy and the planet.



Fred Carter

A former transportation executive now devotes his life to sustainability. Fred is a certified teacher of Permaculture by the Rocky Mountain Permaculture Institute. He has been trained in photovoltaic & biodiesel by Solar Energy International. He is certified as a Peak Oil Community Leader by the Community Solution. "Black Oaks is a clearing for transitioning to a post carbon world."



Erika Allen

The Chicago Projects Manager for Growing Power, a nationally acclaimed non-profit organization and land trust providing equal access to healthy, high-quality, safe, and affordable food, especially in disadvantaged communities. She helps food producers of limited resources strengthen their farm businesses and work in partnerships to create healthy and diverse food options in inner city and rural communities.



LauraLyn Calwson

Currently the Youth Program Coordinator for the Chicago Office, and connects over 300 teens a year with after-school and summer jobs at Growing Power's Farms. Prior to this position, LauraLyn oversaw Growing Power's Market Basket Program, expanding fresh food access in communities throughout Chicagoland. Her farm areas of focus include mushroom production, hoop house construction, harvesting, good agricultural practices and food policy. When she isn't on the farm, you can find her practicing accordion, performing magic, brewing beer or dreaming about motorcycles.



Marc Haygood

A herbalist, practicing nutritionist who has been doing health consultations for over a decade. In 1994 he helped establish Akebulan Whole Foods, a community support natural food co-op. He has experience in dealing with most major diseases such as: cancer, hypertension, lupus, diabetes, etc. He has done health seminars, appeared on cable access, on the radio, and has written health related articles for several local papers. He has extensive knowledge of wild plants and trees. He does herbal tours during the summer for the Garvey Fest and other community events. And he grows, packages, and makes his own herbal formulas. He is the founder of Ancestral Medicinals, which has its own line of herbal products.



Chef Fresh

An engineering and physics nerd turned chef, she has professionally studied cooking in Thailand and the U.S. and has worked in elite kitchens, including Google and Facebook. But her community-based edible activism among communities of color, elders, and youth is where her heart most deeply resides. At Fresh 82, she uses local, fresh, and seasonal items, and supports organic, sustainable agriculture as a personal chef, caterer, and cooking instructor. Fresh is a fan of fermented foods, leafy greens, ripe tomatoes off the vine, and pickled okra. They are a fat activist who loves hip hop, riding their bike ridiculously long distances, and growing their own food.

More Info

Pembroke Township

Nestled in a bountiful Black Oak Savanna 60 miles south of Chicago, was once one of the largest African-American farming communities north of the Mason Dixon Line. In 1861, Pap Tetter and his family of 18 children got off at this Underground Railroad terminal and homesteaded what is now called Hopkins Park in the heart of Pembroke Township. Many a farmer from the south on their northerly migration made this place their new home, and they stewarded the land with sustainable farming methods, converting the glacial sands to fertile soil, while maintaining much of the natural landscape surrounding them. Pembroke farm land now serves as a buffer between extensive commodity production found on the bottom land and the Black Oak Savanna, one of the most prized bio-diverse ecosystems in Illinois.

Black Oaks Center for Sustainable Renewable Living

The Black Oaks Center for Sustainable Renewable Living entrusted by its founders, assists communities in reducing their carbon footprint and fossil fuel use. It is a 501(c)3 non-profit organization dedicated to education and training. While the center was formally established in 2006, its true beginnings date back to 2003 when the family became aware of resource depletion and climate change. The family made a deep commitment to bring information not only to our communities who were totally unaware but most importantly begin to create a path to solutions to our impending energy descent. The Black Oaks Center for Sustainable Renewable Living is named in honor of the endangered dwarfed black oaks that thrive on what remains of what was once thousands of miles of black oaks savanna. This transition zone between forest and prairie was created by retreating glaciers of the last ice age.
<http://blackoakscenter.org/>

Growing Power

Growing Power transforms communities by supporting people from diverse backgrounds and the environments in which they live through the development of Community Food Systems. These systems provide high-quality, safe, healthy, affordable food for all residents in the community. Growing Power develops Community Food Centers, as a key component of Community Food Systems, through training, active demonstration, outreach, and technical assistance. Additionally, Growing Power convenes numerous national workshops on-site at the Milwaukee facility each year. Over 3,500 individuals receive tours of the Community Food Center each year; and the Will Allen, Growing Power's Chief Executive Officer, has been the keynote speaker at several national conferences and the recipient of numerous local, state, and national awards and recognitions.
<http://www.growingpower.org/>

Support Local Pembroke Farmers

Basu Farms

Home Made Soap, Sauces, Herbs, and Jellies
Pam Basu Ceo/Curator
815-944-8211 13643 E 2000s Rd, Pembroke Township, IL 60958
<http://www.basumuseum.org>

Boots & Saddle Riding Ranch Youth Center & Academy

Horse back Riding training, Eggs, & Poultry
815-944-8000, 2729A S 13810e Rd, Pembroke Township, IL 60958

Special Thanks to Jeanine!

The Grassroots Herbal Medicine workshop has been made possible through donations from Jeanine Valrie Logan's Child Birth Herbal Remedies Course. Our commitment is to create and Herbal Guild's network with on going skills building in plant medicine.

Tips for Ticks

Wear light-colored clothing. You'll have a better chance of seeing a dark tick crawling on you before it makes its way to your skin.

Cover your hair when possible. **Wear long pants and sleeves with sneakers or hiking boots.** Tuck your pant legs into your socks, and keep your shirt tucked into your waistband. In areas where ticks are abundant, you might even want to wrap some duct tape around your ankles, over the top of your socks. You'll look ridiculous, but it works.

Apply tick repellent to your clothing. **A repellent that contains 10 to 30 percent of DEET** will work for a few hours. **Use a minimal amount on exposed skin** and only apply it to your face by spraying it into your hands then rubbing it while **avoiding the eyes and nose.** Always wash the repellent off when you go indoors.

Check **registration table** for herbal bug repellent alternatives

Be vigilant – do a daily tick check. Strip down and search all those places that ticks love to hide: in your hair, under your arms, between your legs, behind the knees, and even in your belly button.

If you do find a tick, remove it immediately. **Use thin-tipped tweezers to grasp the tick as close to the skin surface** as possible and **pull straight up and away.** **Never twist the tick or try to coax it off using heat** or solvents. Follow up by swabbing the area with rubbing alcohol to disinfect.

Shower, and to wash and dry your clothing soon after returning home. While many ticks can survive a warm or hot water machine wash, they can't survive one hour in a hot dryer.

House Keeping

All cups and utensils are reusable please **label, wash and hold on to your utensils** throughout the weekend.

First Aid Kits are located in the Yurt & Outdoor Kitchen

Composting Bins are located near the outdoor kitchen, all food and plant waste only, no foil, plastics or animal products.

Water is located by the outdoor kitchen