

Sustainability Through Homesteading

Chicks in the Hood



FEBRUARY 22, 2015

Keep chickens in your yard? Yes you can! Learn how to raise urban chickens as taught by our own lifelong homesteaders, vet Melanie Marsden and teacher extraordinaire Joe Loetscher.

The Vegan Way



APRIL 26, 2015

Tristen Faith is a very talented farmer & cook. She will introduce you to ways to incorporate more vegan cooking in your diet as well as gently guide you through some fundamentals and methods to adapt recipes you already have.

Eat Your Yard



Rescheduled for MAY 3rd, 2015

Charles Peterson has long known that every inch of your backyard as well as your front yard can be used to grow food. Learn tips, tricks, and how to better handle gardening in Colorado. He will be presenting this class at his home, 7 blocks away from church.

Fermentation Trending



MAY 24, 2015

What do pickles, sauerkraut and yogurt all have in common? They are bathed in their own bacteria and they are good for you! Learn from Mark Arnest about the fermentation process and how easily you can do this at home.

Each class is from 12-1:30 consisting of an hour presentation followed by 30 minutes of Q&A and will be held at the church (except for *Eat Your Yard*). Cost for All Souls & High Plains members & friends is \$10 per class, (\$12 for guests) which includes a light lunch. Registration is required with a min. of 4/max. of 20. Contact Laurie@asuuc.net to RSVP or with any questions.