

GREEN LIVING EXPO & EDUCATION FAIR 2009

NOTE: There are four categories of workshops running throughout the day—Do It Yourself, Food for the Sustainable Family, In and Around the Home, and Savings on Transportation.

Do It Yourself Workshops

9:30-11:30 Rainwater Harvesting: Learn the history of collecting rainwater and ways to save water in your home and landscape. Build your own rain barrel with instruction and materials provided. **Cost of \$35** for materials is payable at registration desk. Materials are available for only 20 rain barrels, but anyone may listen and watch. **Presenter:** Carrie Stevenson is a Florida Yards and Neighborhood Program Agent, UF/IFAS Escambia County.

11:30-1:00 Plant a Living Fence: Families will plant a living fence on the school grounds. Noted landscape designer David Copps has selected a variety of native trees and shrubs to provide habitat for wildlife while also creating a physical barrier to school buses. Participants will arrange and space plants, dig holes, and plant, water, and mulch young trees and shrubs. Learn how to design a wildlife-friendly living fence and to plant and care for native trees and shrubs in your yard. **Presenters:** David Copps, Landscape Designer; Bill Petty & George Weaver, Wakulla County Master Gardeners; Kawika Bailey, County Forester, Florida Division of Forestry; and Garth Smelser, Deputy District Ranger and Conservation Education Coordinator, Apalachicola National Forest, USFS

1:00-2:30 Using Goat Milk in Soaps and Lotions: The process of using goat's milk to make soap will be demonstrated, the all natural ingredients will be explained and samples of soap, lotion and lip balm will be available for purchase. Enjoy the historical perspective and how the making of soap has evolved from grandma's lye soap to luxurious beauty bar. **Presenters:** Ken and Priscilla Weaver are owners of Tad-Mor Farm and Calico Cottage and, Wakulla County 4-H leaders and were named 2002 Florida Farm Family of the Year by North Florida Fair.

Food for the Sustainable Family

10:00-10:45 Shopping Close to Home: In a National Geographic article (October 2007) the author cites a study, "...the average bite of food has traveled nearly 1500 miles before it reaches our table." Another source states, the average American meal contains ingredients from at least 5 other counties. Knowing your "food mileage" can help you make wise consumer choices by taking into account more than just the price tag. Learn the benefits of shopping close to home. **Presenter:** Scott Jackson, Director of Wakulla County Extension Office

11:00-11:45 Composting with a Sense of Humus: Learn specifics of composting household wastes and recycling them for use in the garden to put nutrients back into homegrown

vegetables; discover how simple composting is, how little space is required, and how beneficial it is to eliminate this material from the streams and landfills; see the products and tools that are necessary. **Presenter:** Ed Oaksford, Water Resources Division of U.S. Geological Survey retiree who now spends time making changes to his house and lifestyle to reduce his family's carbon footprint.

12:00-12:45 Soft Cheese/Yogurt Making: Learn how to make yogurt and soft cheeses such as Mozzarella and Ricotta. Procedures and recipes will be available. **Presenter:** Sara Reece has lived in the Big Bend for 12 years and has an interest in Slow Food principles that link the pleasure of food with the commitment to community and the environment.

1:00-1:45 Raw and Living Foods for Health and Vitality: Learn about vital health, glowing skin, having an abundance of energy, ageless beauty and other benefits of a raw food diet. Participants will explore the basics of eating a healthy raw food diet including what to include, how to prepare different raw foods, how to incorporate more raw food into a busy lifestyle, and the ability of one's diet to heal and prevent disease. **Presenter:** Jill Welch is a licensed midwife and whole foods chef, owner of The Kitchen Goddess, cooking teacher and private consultant.

2:00-2:45 Containerized Herb Gardens: The workshop will offer an overview of growing herbs with specific reference to container and growing techniques when space is limited. **Presenter:** Trevor Hylton, Extension Agent in Leon and Wakulla Counties, formerly with Florida A & M University's Cooperative Extension Department. He has grown containerized herbs for the last four years.

3:00-3:45 Preserving the Harvest: Gardens overflowing with shiny red tomatoes, and bright green peppers... orchards filled with sweet, juicy peaches...farmers markets piled high with fresh produce...seafood markets brimming with today's fresh catch...all so easy to preserve. Preserving food, if done correctly, can help you store good quality food for later use. Latest research-based techniques will be reviewed so you can choose to can, freeze, pickle, or dry the harvest. **Presenters:** JoAnn Palmer, a long-time resident of North Florida who has been preserving the harvest for 38 years, and Shelley Swenson, the UF/IFAS Wakulla County Family and Consumer Sciences/EFNEP Agent who prefers to preserve through the drying process.

In and Around the Home

10:00-10:45 Landscaping with Native Wildflowers: Learn pertinent information for establishing sustainable plantings of native wildflowers in landscape beds, mini-meadow, and meadows, and the relative importance of plant origin as it relates to landscape use of native wildflowers and native plants in general. **Presenter:** Jeff Norcini, Associate Professor of Environmental Horticulture with the University of Florida/IFAS, and a consultant in sustainable landscape plantings, etc. Since 1996, his research and extension works has focused on seed production, container production, and establishment of Florida ecotypes of native wildflowers.

11:00-11:45 Damayan Garden Project: Learn about three types of communal gardening-- family gardens, edible schoolyards, and community gardens. Learn about organic practices and products, and start your own organic plant by sowing pepper seeds in a organic, soilless medium. **Presenter:** Season George is Garden Manager for Damayan Garden Project. She has been gardening for eight years and owns Horticulture Services, a business specializing in sustainable and edible landscapes.

12:00-12:45 Retrofitting your Home for Energy Efficiency: Learn how much electricity is used by different aspects of your home and how you can reduce that usage. See how one person has cut energy consumption by more than half through taking sustainable steps, one at a time, to save carbon emissions while reducing utility bills. **Presenters:** Carl Spangler, a retired IBM field engineer who volunteered at N. C. Maritime Museum in the Environmental Studies program on an off-grid facility on a barrier island, and Elinor Elfner, a retired educational administrator and now a climate change volunteer. Both are active in Big Bend Climate Action Team.

1:00-1:45 Informed Gardener=Wise Gardner: Participants will learn to improve the value and quality of life through landscape design elements that extend living space, encourage us to thrive where we live, focusing on water conservation and eco-friendly "green" practices. **Presenter:** Glen Campbell has a lifelong experience in all phases of landscape design, maintenance and growing; a horticulture degree in design and nursery operation; has won numerous awards and honors including the Audubon Certificate for the signature property at St. James Bay Resort and Club.

2:00-2:45 Green Kitchen: Level1 Today's research supports greening up the kitchen. And how many ways are there to green up your kitchen? Many! This level one workshop features simple yet inexpensive changes you can make to create a healthier, more Earth-friendly kitchen. Participants will make a green scouring cleanser to take home. If possible, bring a small container with a lid for the cleanser. **Presenter:** Maureen (Reenie) Rodgers has been providing workshops in the North Florida region on green cleaning fro the past three years.

3:00-3:45 The Super Efficient, Simpler Solar Home: Learn about this award winning home that uses 9% of energy normally required for a 3,000 sq. ft. home, powered by solar through net-metering with Progress Energy, and recipient of highest energy home rating ever issued from US Department of Energy and National Builders Association. **Presenter:** Al Simpler, owner of Simpler Solar and of this fabulous home with so many energy efficiency features that you must attend this Grande Finale of Expo 2009 to learn more.

Savings on Transportation

10:00-10:45 Bicycle Tune-ups: Participants are encouraged to bring their bicycles to this basic bicycle repair and maintenance workshop that will cover flat repair, lubrication, brake and shifter adjustment. **Presenter:** Justin Pogie is a volunteer/mechanic at Krank It Up!, a community

bicycle project in Railroad Square Art Park in Tallahassee whose mission is to promote them as a sustainable form of transportation.

11:00-11:45 Bio Fuels 101: This workshop is a crash course in alternative energy with a brief description of available technologies, their applications and environmental impacts. The majority of the talk will focus on bio-diesel as a model for biofuels and will include a (mason-jar-sized) demonstration on how to make biodiesel and a discussion of at-home production.

Presenter: Emily Smith is a biologist who has taught biofuels workshops from North Carolina to Florida, teaches in FAMU's small-farms program, and is now working with local farmers and business owners who make their own biodiesel fuel.

12:00-12:45 Change Your Tune: Gas prices and global warming have a lot of people "singing the blues" when it comes to transportation; but we all have places to be--so what choice do we have? Find out! Get details about several FREE programs to support earth-friendly transportation that will also save you money—including EZRide (a free, confidential carpool search) and the Emergency Ride Home Program (so you're never stuck at work, even on days you don't drive); plus, you'll get to meet your neighbors and co-workers who are also thinking 'green' and explore vanpool possibilities customized to meet your needs. Ask questions and win a prize and learn why "Green means GO!" **Presenter:** Pat Maurer, employee of Commuter Services of North Florida, a fully funded program of Department of Transportation to encourage earth-friendly mobility.

1:00-1:45 Getting More for Your Gas Dollars: You'll learn tips on saving money and reducing your carbon footprint without being run over by that person behind you. Learn the steps to getting better gas mileage with older as well as newer vehicles, and how to be an "eco-driver" or "hypermiler". Learn what it takes to save money on every trip. **Presenter:** Len Adams is a retiree from city government in Iowa who lives in an energy efficient home, tries to make green choices for himself and his grandkids, and is Chair of the Green Sanctuary program at Unitarian Universalist Church.

2:00-2:45 Introduction to Green Wheels : This session is an introduction to many green wheel options, including The Electric Car Initiative and a wide range of vehicles owners have selected to save on the cost of transportation while saving the environment for years to come. After this introduction, go outside for the next session and talk to any of the owners whose choices fascinate you.

3:00-3:45 Questions and Answers with Green Wheel Owners. The green wheels will include, among others, a Smart Car, Prius, Honda Civic, Honda Civic Hybrid, owner converted electric bike, hybrid truck and others.