

MAKE.

SHARE.

DO.

summit

homesteading > self-reliance > interdependence

December 4-6, 2015

Ground Floor Farm

presented by
Ground Floor Farm
& Treasure Coast
Homesteading

tickets & info at www.groundfloorfarm.com

our generous
community sponsors:



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About Make.Share.Do.

Make.Share.Do. is a weekend skill-sharing conference exploring homesteading, self-reliance, and interdependence. We have tapped into the vast knowledge and passion within our own community, and put together an exciting weekend packed with dozens of practical, educational, and social events. Whether you're looking for an introduction to carpentry, canning, or beekeeping, or a more intensive exploration of fermentation or herbalism, Make.Share.Do. has all that and so much more. This will be a fun and fascinating event for committed homesteaders, as well as community members looking for tools and ideas to spark a more sustainable lifestyle.

About Ground Floor Farm

Ground Floor Farm is a food and community space in Historic Downtown Stuart. Our aim is to help grow a more dynamic and resilient town through food, art, and fun. We are part (sub)urban farm, part experimental kitchen workshop, part arts and events venue, part banquet hall, part open-source community space. Yes, those are a lot of things for one business to be. We want to nourish Stuart with excellent food, practical and interesting know-how, and enriching cultural and artistic experiences. We want Ground Floor Farm to be as varied, vibrant, and expansive as our beautiful home town. So come; eat, learn, and enjoy. Make this space your own. Find out more at www.groundfloorfarm.com.

About Treasure Coast Homesteading

Treasure Coast Homesteading is a local network centered around community-led learning and sharing. We strive for environmental and people-friendly practices, geared towards a more self-sufficient, economical, and healthy lifestyle, while forming friendships and attaining life-long skills. We explore homesteading via edible gardening, composting, healthy food preparation and preservation, home-made skincare products and cleaning supplies, backyard beekeeping, home brews, arts and crafts, and more. Contact Rose Caspary at 772-631-8968 or rosejoy22@gmail.com for more information.

SUMMIT SCHEDULE

FRIDAY

Our opening night's events are free and open to the public!

Potluck Dinner

6-9pm/ Main Hall

Bring a homemade dish to share and sit down with us for a community meal

WALL-E

7:30pm/ Main Hall

Sponsored by

Join us for a screening of  Pixar masterpiece Wall-E. This gorgeous and powerful film explores our relationship to the earth and to one another.

SATURDAY (THE BIG DAY!)

Workshops

Our full day of workshops, demos, and lectures is the main event of the summit! Spend your Saturday exploring fun and practical homesteading skills!

	Main Hall	Kitchen	Oak Tree	Parking Lot
Session A: 9:30-10:30 AM	<u>8 Limbs of Yoga</u> Mandani Bishop A brief lecture on the 8 limbs of Yoga followed by a brief introduction to pranayama, asana and yoga Nidra.	<u>Intro to Canning</u> BarbaraJayne DeGolyer Learn the principles of water bath canning, so that you can enjoy your pickles, sauces, and jams year-round!	<u>Mosaics in the Garden</u> Diane Concepcion How to create mosaic stepping stones and other vibrant garden art.	<u>Intro to Power Tools</u> Bob Brokaw Learn to use common power tools for your DIY needs. We'll play with a variety of saws, drills, routers, and sanders.
Session B: 10:45-11:45 AM	<u>Water Harvesting</u> Rose Caspary Learn and share ways to collect and store water through various methods, including rain barrels.	<u>Herbal Preparations of Papaya, Moringa, and Passionflower</u> Nina DiCristina Learn how to use these 3 versatile South Florida herbs in your home apothecary.	<u>Backyard Beekeeping</u> Jennifer Holmes Explore beekeeping basics through a talk and tour of the hives at Ground Floor Farm.	<u>Carpentry 101</u> Jason Landis Intro to building DIY off the grid. Learn about the characteristics of different woods and their application in our lives.
Lunch: 12:00-1:00PM	BYO Lunch Forum A: Homesteading	BYO Lunch Forum B: Nutrition		
Session C: 1:15-2:15 PM	<u>Urban food Production</u> Dr. John Zahina Ramos A lecture on the economic and environmental benefits of urban food production.	<u>Soap Making Demonstration</u> Roxanne Burey A presentation on the basics of home soap making, from soup to nuts!	<u>Composting</u> Michael Meier What to and what not to add, moisture and aeration, composting styles, containers, and tips on avoiding smells and varmint.	<u>Native Plant Walk</u> Florence & Tom Chatowsky Native plants around the boundaries of the Farm will be looked at, identified, and discussed.
Session D: 2:30-3:30 PM	<u>How to Start a Movement</u> Lani & David Havens Key steps in how to organize for change will be highlighted in several case studies, including the CIW.	<u>Kitchen Budgeting Basics</u> Micah Hartman Get some tools and advice for feeding yourself well without breaking the bank.	<u>Sprouting for the Health of It</u> Sean Herbert Learn to use "the most nutritious food on the planet" as a foundation for vibrant health and living!	<u>Seed Saving</u> Anna Prizzia & Melissa DeSa Rouging, inbreeding, isolation....Learn about plants' sex lives and the basics of saving your own seed at any scale.
Session E: 3:45-4:45 PM	<u>Intro to Meditation</u> Ken Teixeira A workshop exploring the pillars of meditation, from a Buddhist perspective, followed by a meditation taster session.	<u>Brewing Beer</u> Scott Sundermeier A detailed look at the brewing process with special emphasis on the types of brewing, ingredients, and equipment.	<u>Hypertufa</u> Kendra Brown Make your own garden pots and planters from natural materials! A demonstration on the satisfying art of hypertufa.	<u>Bike Maintenance 101</u> Michael Meier Proper seat and handlebar adjustment, tube patching and replacement, brake pad replacement, chain tightening and replacement.

SATURDAY (continued!)

Spaces

If you need a break from all that learning, head over to the parking lot for our shaded, all-day spaces. You can read, relax, peruse, and play!

Makers Market

Support local artisans and pick up handcrafted soap, tinctures, candles, and more.

Library

Peruse our pop-up library, filled with books on various homesteading topics.

Game Deck

A fine collection of board games and card decks available for your enjoyment!

Seed Swap

As part of the makers market, Anna Prizzia and Melissa DeSa of Forage Farm will host a free community seed swap! Donate or exchange excess seeds in your collection for other interesting things to grow from fellow gardeners and farmers!

Seedy Rules:

1. No known invasive seeds.
2. No seeds older than 5 years.
3. No seeds that have been kept in poor condition (warm, humid or sunny).
4. Do bring as much information about the seed as possible especially if it's not in a commercial package (what it's called, how it grows, date of the seed, history/

Food Market

5-9pm/ Parking Lot

Grab a delicious, healthy dinner from a fab local food vendor

Big Talk by Farmer Mike

7:30-8:30pm/ Main Hall

The Sun and Human Need: Beyond a climate "point-of-no-return", can a destabilizing and shifting global system allow us to renegotiate economics to embrace regional appropriateness, regional resources, and regional community? How can agriculture be a vehicle for this change, rather than perpetuating the status quo? Farmer Mike will make the case that a revival of local self-sovereignty and resource-based economics can take place not on the outskirts of the global geo-econo-corporato-political system, but may indeed be central to a new operating principle in a world of change and scarcity, where economics and ecology are reconciled.

SUNDAY

Sunday is devoted to intensive workshops, allowing you explore a particular topic in depth. Each intensive will be practical and hands-on, so you should leave with the confidence and tools to try out your new-found skills at home!

AT THE FARM

<u>Kitchen Fermentation</u> 10am-1pm / Jackie Vitale	<u>Grown Your Own Food- From Start to Finish</u> 10:30am-1pm / Dr. John Zahina-Ramos	<u>Herbalism 101</u> 12-3pm / Rose Kalajian
Fermentation is the cornerstone of our kitchen at Ground Floor Farm. In this hands-on workshop, we'll explore this ancient art as it relates to veggies, dairy, and baking. Make and take home pickles, yoghurt, and sourdough starter.	Get the basic information needed to start your own garden or improve your growing skills. We'll explore why you should grow your own food, soils, water, nutrients, pest management, when to plant, how to plant and what to plant. Bring your questions, stories, and disappointments, and let's get those problems solved!	How to make herbal teas, tinctures and encapsulation. Recipes for Colds and flu, Stress, Liver Cleanse, and Immune system herbs. Plus a discussion on the herbs that I will be using in the formulas I share.

AROUND TOWN

<u>The Wonderful Biodiversity of Small Scale Farming</u> 10-11:30am / Shadowood Farm, Palm City / Nathaniel Fenton / FREE & OPEN	<u>Ask the Beekeeper: A Beekeeping Intensive</u> 11:30am-2:30pm / Shadowood Farm, Palm City / Jennifer Hurd Holmes	<u>Brew Your Own Beer</u> 2-5pm / Longneck Brewhouse, Stuart / Scott Sundermeier
Lecture to discuss the environmental impacts of mono-cropping; an introduction to creating edible diversity within the landscape, while remaining environmentally alert; followed by a tour of the gardens and certain areas of the farm. Closed toe shoes and sun protection required	An intermediate intensive with demonstration of splitting hives, Q & A on integrated pest management, queen care, and ask away about anything you need help with.	Learn to brew beer. Participate in brewing a batch of beer while understanding the basics, including ingredients, temperatures, and times. Class will also include samples of various beer styles and what makes them different. With the cost of the class, you will also receive a \$25 coupon to brew your own batch.

TICKETS

We hope that you'll spend the weekend at Make.Share.Do., breaking bread with us on Friday night, exploring a variety of skills and ideas on Saturday, and diving deeply into a topic of interest on Sunday. We have worked hard to keep this event very affordable, as we believe everyone should have access to this sort of knowledge.

Tickets can be purchased at
www.groundfloorfarm.com/makesharedotickets

Full Summit (Saturday Entrance + Sunday Intensive)

Before November 15: \$50

After November 15: \$60

Saturday Only

Before November 15: \$25

After November 15: \$35

ABOUT THE EDUCATORS

Mandani Bishop is a certified yoga instructor. She teaches around Stuart, including a weekly class at Ground Floor Farm

Kendra Brown is a psychologist, art teacher, potter, and passionate gardener

Bob Brokaw is a homebuilder and remodeler since 1986.

Roxanne Burey, owner of The Ole' Factory Handmade Soap Co., loves to share the benefits of hemp seed oil with those seeking a more natural way to care for themselves.

Diane Concepcion is a mosaic artist and teacher. She has run the Port Salerno Mosaic Studio for the last 3 years.

Rose Caspary is a homesteader, edible gardener, healthy home cook, artist, and retired registered dietitian. She has been an educator for over 20 years.

Florence and Tony Chatowsky are members of the MC Native Plant Society; Florence is a past president; Tony has conducted native plant identification field trips and seminars.

BarbaraJayne DeGolyer is the owner of Sassy Palate. After 30 years as a product designer, she is thrilled to be able to spend her day following her passion- cooking.

Nina DiCristina is an herbalist in Central Florida who has studied under Emily Ruff, Rosemary Gladstar, and Guido Mase. She blends teas at an organic teahouse and loves learning and practicing herbalism with the plants around her.

Nathaniel Fenton is an organic farmer.

Micah Hartman is a co-owner of Ground Floor Farm. She is very good with numbers and creative with leftovers.

Lani & David Havens: Lani has her PhD in Environment and Human Behavior, teaching and later transitioning to international grassroots development, directing and evaluating Peace Corps programs. David is a minister in Disciples/UCC who began his career with Cesar Chavez in the farmworker movement, later providing training for the poverty program. Both worked in grassroots development in Africa for six years and are currently working with the Fair Food movement here in Florida.

Sean Herbert is the owner of Got Sprouts. His wife is a 15 year cancer survivor and Sean was diagnosed with Severe Crohn's disease back in 2004. They both use sprouts to keep happy and healthy.

Jennifer Holmes is a UFIFAS Master Beekeeper, a Welsh Honey judge, a commercial beekeeper, and VP of Treasure Coast Beekeepers Association.

Rose Kalajian is a clinical herbalist. She owns and operates the Natural Health Hut since 1998. After graduating from Rosemary Gladstar's Course in 1997, she opened the Health Hut, which provides an herb shoppe, clinical practice, plant nursery, 7 -acre herb farm, and an educational center. She promotes health using the plant kingdom as food and Medicine.

Jason Landis has coupled his late grandfather's teachings and tools with today's necessity to build with what materials may be available.

Michael Meier is co-owner and head farmer of Ground Floor Farm. He returned to Stuart from the NYC area where he was farm manager of the world-renowned rooftop farm Brooklyn Grange and co-founder of The Homestead at Seven Arrows in Locust, NJ.

Anna Prizzia & Melissa DeSa are the cofounders and co directors of Forage, a local food focused non-profit based in Gainesville, Florida

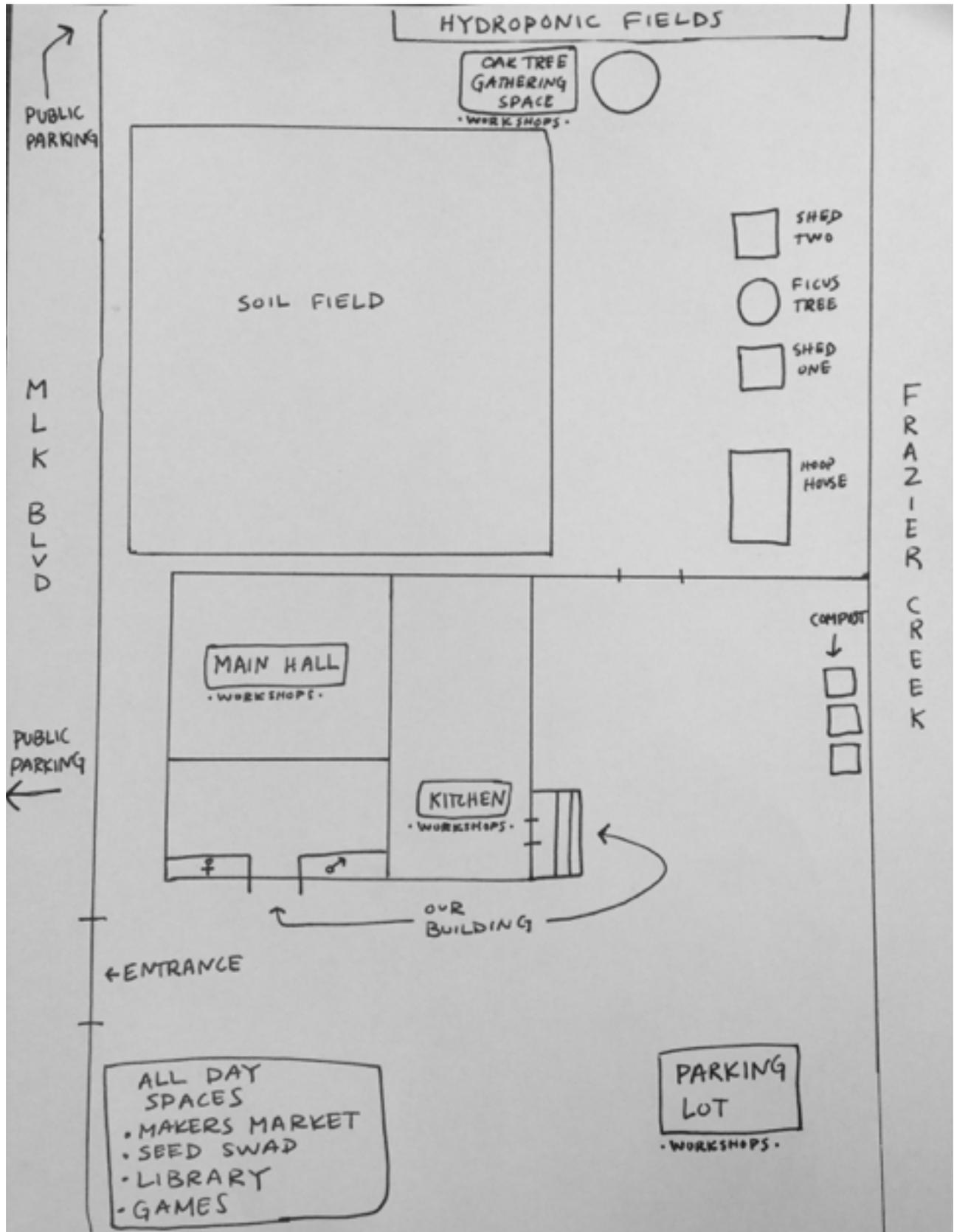
Scott Sundermeier is the co-owner and head brewer at Longneck Brew House. He has been a craft beer advocate for 20 years and brewing at home for 15.

Ken Teixeira is host of Stuart Zen Community, co-founder of New Buddhist Order zendo in Jensen Beach, and co-organizer of Buddhist Study and Meditation Group of Stuart.

Jackie Vitale is a co-owner of Ground Floor Farm and a fermentation enthusiast. Before starting the farm, she worked at the award-winning Kappacasein dairy in London.

Dr. John Zahina Ramos is an author, scientist, and teacher. He is the president of Casa Jardin Co., an agricultural and environmental consulting firm, and founder of www.justonebackyard.com.

MAP



LOGISTICS

Contact Us

e: crew@groundfloorfarm.com

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w: www.groundfloorfarm.com

Where to Stay

The Old Colorado Inn

Mention Ground Floor Farm and receive 10% off your stay at this adorable bed & breakfast in the heart of Downtown Stuart, just a few minutes walk from the farm!

www.oldcoloradoinn.com

Phipps Park Campground

An easy drive from the farm, this campground is maintained by Martin County Parks Service)

...or take advantage of the sharing economy!

www.couchsurfing.com

www.airbnb.com

Our Generous Community Sponsors

