SAV 100 Winter Gardening in a Covered Enclosure
Workshop Syllabus

Workshop Introduction: SAV 100 is a four hour introductory workshop about growing food in Muskoka with no heat in the winter. This workshop helps to prepare individuals for growing food, for personal use in a greenhouse type environment i.e.: cold frame / hoop house / greenhouse.

Workshop Description: Learn how to grow food (leafy greens, kale etc.) in a harsh environment with little or no heat. This is more of a survival greenhouse, showing best practices of getting fresh organic produce, winter hardy stuff, during the winter months. The workshop will include a tour of a survival greenhouse construction and operation. Themes that the workshop will touch on include, but not limited to:

1. Structure
2. Row covers
3. Soil temperature & moisture
4. Air temperature
5. Varieties / seeds
6. Planting
7. Harvesting

Workshop Objectives: The objectives of the workshop will help guide individuals in order to grow food in the dead of winter with little to no heat. Individuals will learn how to grow and how to plant for a winter of fresh organic greens.

- How to control the survival greenhouse environment and inputs/changes for optimum leafy green growth and development.

Workshop Agenda:

- 9.30am Farm Arrival, networking and orientation
- 9.45am Workshop introduction and overview
- 10.15am Greenhouse tour and hands on lecture
- 12.30 – 1.00pm Depart for Crossroads for remaining lecture
- 1.00pm Crossroads Restaurant, tasting and lecture
- 2.00pm Discussion and Questions

Workshop Cost: $30 per person, limit 10 people per course

SAV 101 Maple Syrup Production
Workshop Syllabus

Workshop Introduction: SAV 101 is a five hour introductory workshop about maple syrup fundamentals for those who wish to produce their own syrup. The workshop takes place when syrup is being made, allowing the workshop participant to gain a firsthand view of the production process, and answer many commonly asked questions related to sugar bush management and maple syrup production.

Workshop Description: The workshop focuses on small scale maple syrup production.
Areas that the workshop will touch on:

- Practical sugar bush management
- How to identify and tap sugar maple trees.
- Collecting and storing sap.
- Historical and modern methods of boiling sap into maple syrup
- Grading and packaging maple syrup.
- Equipment and processing tools.

Workshop Objectives: By the end of the workshop the participant should expect to be able to have a general idea on how to produce maple syrup.

Workshop Agenda:

- 9:30 Farm Arrival, registration in log house
- 10:00 Workshop introduction – slide show
- 11:00 Walk to sugar shack – Sugar shack operations
- 1:00 Lunch
- 1:30 Questions and answers
- 2.00 Depart

Workshop Cost: $30 per person, limit 20 people per course

SAV 102 Introduction to Starting Seedlings
Workshop Syllabus

Workshop Introduction: SAV 102 is a four hour introductory workshop in a hoop house setting about starting gardening seedlings. Growing plants from seed is an easy, inexpensive way to get a jump on the short Muskoka growing season. The workshop is developed to answer many commonly asked questions related to starting plants from seed.

Workshop Description: The workshop covers topics of interest to home gardeners and small scale farmers. We will discuss principles of starting seeds including germination and hoop house management using low-cost and low-tech methods. The workshop will touch on these themes:

- Determining spring last frost date
- Schedule for starting seeds
- Selection of varieties
- Germination conditions
- Potting-on in organic soil mixes
- Care of seedlings including light and moisture requirements
- Comparison planting
- Sources of supplies

Workshop Objectives: Information and experience provided by the workshop should enable a participant to:

- Erect a simple hoop house or cold frame
- Start seeds at appropriate times
- Keep seedlings healthy until it is time to plant them in the garden

Workshop Agenda:

- 1.00pm Arrival, networking, orientation
- 2.00pm Workshop introduction and overview of starting seedlings
- 2.30pm Hands on demonstration of seeding, making soil mixes and potting on basil and tomatoes.
- 4.00pm Travel to Severn River Inn for Review and Questions
  Tasting with Executive Chef Ken Schulz, Delta Grandview Resort
- 5.00pm Closing remarks

Workshop Cost: $30 per person, limit 10 people per course
Wear rubber boots. The farm is muddy in April. Participants will take home a small seed tray and a selection of potted basil and tomato seedlings.

SAV 120 Social Media Networking
Course Syllabus

Workshop Introduction: SAV 120 is a two hour introductory course about the value of Social Media in a tourist destination. The course helps individuals navigate social media networks like Twitter and Face Book while at the same time providing the necessary tools to market your network to the Urban demographic.

Workshop Description: Learn how to set up a twitter, face book and hoot suite account in order to communicate your business, marketing and event information to a wider audience. Included in the course will be a short session on rack card design and distribution. This will enable small business to inform the urban tourist of their involvement in social media. Themes that the workshop will touch on include, but not limited to:

8. Importance of Social Media
9. Involvement of Time
10. Structure of the media tools
11. Communication techniques
12. Marketing your network to the urban tourist

Workshop Objectives: The objectives of the workshop will help guide individuals in order to grow their market share in the tourist environment. Individuals will learn how to set up a social media account, communicate with the software and integrate their information into the growing social media environment.

Workshop Agenda:

- 5.00pm Arrival, networking, refreshments and orientation
- 5.15pm Introduction and overview
- 5.305pm Log in and begin social network setup
- 7.00pm Break
- 7.15pm Rack Card Design and information
- 8.00pm Discussion and Questions

Workshop Cost: $20 per person, limit 10 people per course

SAV 103 Introductory Workshop to Bee Keeping
Workshop Syllabus

Workshop Introduction: SAV 103 is a four hour introductory workshop about the fundamentals involved in creating a honey hive and the process involved in bee keeping. The workshop is developed to answer many commonly asked questions related to what is involved in the culture of bee keeping.

Workshop Description: The workshop covers topics suitable for hobby beekeepers with a primary focus on beginner methods of beekeeping. Themes that the workshop will touch on include, but not limited to:

- History of Bee Keeping & who can keep honey hives
- Components of a beehive, building supers, feeders & frames
- Installing wax in the frame
- Protective Clothing, equipment and tools
- Care and Feeding
- Buying Bees
- Parasites and diseases
- Registering with Ontario Ministry of Agriculture food and Rural Affairs

Workshop Objectives: Upon the completion of the workshop and experiences provided in the workshop, the individual should expect to be able to:

- Recognize stages involved in building a frame.
- Collect and store honey.
- Identify the process of creating honey.
- Understanding the stages involved in the bee keeping process.
- Create a budget in order to start producing maple syrup.

Workshop Agenda:

- 9.00am Arrival, networking and orientation
- 9.15pm Workshop introduction and overview of Beekeeping
- 9.40am Tour of honey hives in production
- 10.20am Explanation and introduction to the evaporator in action
- 11.00am Tasting and lecture (lunch included in workshop)
- 11.30am Discussion and Questions
- 12.00pm Closing remarks

Workshop Cost: $30 per person, limit 10 people per course

SAV 104 Introduction to Organic Livestock Production
Workshop Syllabus

Workshop Introduction: SAV 104 is an introductory workshop that will provide attendees with the background knowledge of livestock production, within organic farming systems, so that they can understand and evaluate the objectives, principals and practice of organic livestock production systems with reference to the science underpinning livestock production.

Workshop Description: The workshop covers topics suitable for hobby livestock production within the organic farming systems. Themes that the workshop will touch on include, but not limited to:

- The role of livestock in organic agriculture
- Principals of Livestock Nutrition
- Supplementary protein and energy sources
- Housing design and animal behaviour/welfare/environment
- The animal health/disease complex; fundamental principals and application
- Breeding for disease resistance
- Livestock production systems

Workshop Objectives: Upon the completion of the workshop and experiences provided in the workshop, the individual should expect to be able to:

- Understand what is involved with organic livestock.
- Recognize the steps towards organic livestock
- Identify the process of supplementing protein and other energy sources

Workshop Agenda:

- 9.00am Arrival, networking and orientation
- 9.15pm Workshop introduction and overview of Beekeeping
- 9.40am Tour of organic livestock production
- 10.20am Explanation and introduction to different forms of feed
- 11.00am Tasting and lecture (lunch included in workshop)
- 11.30am Discussion and Questions
- 12.00pm Closing remarks

Workshop Cost: $30 per person, limit 10 people per course

SAV 105 Introduction to Growing Shiitake Mushrooms
Workshop Syllabus

Workshop Introduction: SAV 105 is a three hour introductory workshop about growing shiitake mushrooms. The workshop helps prepare, hands on, individuals for growing shiitake mushrooms from oak logs, for personal sale or commercial marketing.

Workshop Description: The workshop covers topics suitable to growing shiitake mushroom for personal use or sale to chefs / farmers markets. Themes that the workshop will touch on include, but not limited to:

- Obtaining logs
- Drilling of the logs
- Spawn inoculation and acquisition
- Log Maintenance
- Product and yield
- Mushroom Shelf life
- Seasonal Timeline
- Discussion of Markets (direct selling)

Workshop Objectives: Upon the completion of the workshop and experiences provided in the workshop, the individual should expect to be able to:

- Drill and store logs
- Grow mushrooms
- Run your own operation growing shiitake mushrooms

Workshop Agenda:

- 12.00pm Arrival, networking and orientation
- 12.30pm Workshop introduction and overview
- 12.45pm Log drilling and inoculation
- 1.30pm Overview of storing techniques and maintenance
- 2.00pm Tasting and lecture (shiitake snacks and food prepared by SAVOUR Muskoka)
  2.00pm Discussion and Questions
- 2.15pm Closing remarks

Workshop Cost: $30 per person, minimum 12 people maximum 16 people

SAV 106 - Establishing a Beehive in your Garden/Farm
Workshop Syllabus

Workshop Introduction: This is a three hour introductory workshop about the fundamentals involved in starting a honey hive and the work involved in bee keeping. Many commonly asked questions about honeybees will be addressed. Plantings to attract pollinators and starting a Mason bee colony will also be covered.

Workshop Description: The workshop covers topics suitable for individuals considering establishing an apiary or those wanting to know more about honey and the bees that produce it. Themes that the workshop will touch on include, but not limited to:

- Why keep bees? Is it something I can manage?
- Components of a beehive, building supers, feeders & frames
- Stings, protective clothing and working around bees
- Buying Bees and finding a suitable location. Bear protection.
- Keeping a bee colony healthy
- Products of the hive: honey, propolis, pollen, wax and bees.
- Other pollination options – Mason bees, establishing a colony
- Learning More...local Muskoka club, courses, bee books
- Planting for bees and other pollinators in your garden or fields

Workshop Objectives: Upon the completion of the workshop and experiences provided in the workshop, the individual should expect to be able to:

- Identify standard beekeeping equipment.
- Outline the process of producing honey.
- Discuss considerations in establishing a beehive.
- Select several plants suitable for attracting bees and pollinators.

Workshop Agenda:

- 1.00 pm Arrival at Muskoka Meats, networking and orientation
- 1.15 pm Travel (Car Pool) to Kilworthy Bee Keeping property
- 1.20 pm Tour of live bees in an observation hive
- 2.00 pm The seasonal cycle of the bees and their keeper
- 2.45 pm Return to Muskoka Meats for a BBQ tasting, discussion and questions
- 3.15 pm Honey Tasting, Planting for bees, Products of the hive
- 4.00 pm Closing remarks

Workshop Cost: $30 per person, Max Eight People

SAV 107 Canning and Preserving
Workshop Syllabus

Workshop Introduction: SAV 107 is a three hour introductory workshop about canning and preserving locally grown foods. Canning and preserving are great ways to enjoy locally grown foods all year-round. This workshop shows individuals how to can and preserve food themselves to be able to enjoy throughout any season.

Workshop Description: Learn how to preserve locally grown foods and enjoy your favourite recipes all year round. This workshop will discuss basic principles and methods of food preservation, and will provide participants with knowledge and practice to increase chances of successful preservation. Themes that the workshop will touch on, but are not limited to, include:

13. History of canning and preserving and the evolution of food preservation techniques
14. Common preservation techniques and methods
    - Water-bath canning
    - Pressure canning
    - Drying & Freezing
15. Tools and equipment for food preservation, Sources of supplies
16. Canning and preserving safety
17. Choosing ingredients and recipes

Workshop Objectives: The workshop will help guide individuals in learning how to preserve food safely and effectively. Knowledge and experience gained from the workshop will enable participants to:

- Understand the common techniques and practices of food preservation
- Recognize safety concerns in food preservation
- Can or preserve a variety of local foods and/or food creations

Workshop Agenda:

- 1.00pm Arrival, networking and orientation
- 1.15pm Workshop introduction and overview
- 1.45pm Gallery tour and hands on demonstration of preserving
- 2.50pm Tasting and lecture
- 3:30pm Discussion and Questions
- 4.00pm Closing remarks

Workshop Cost: $30 per person

SAV 108 Growing Garlic
Workshop Syllabus

Workshop Introduction: SAV 108 is a three hour introductory workshop about growing garlic in your own garden. Garlic makes a great addition to any home or commercial garden, and is relatively easy to grow. This workshop shows individuals how to grow and harvest garlic in the Muskoka region, and teaches participants how to maintain garlic beds in Muskoka's unique climate.

Workshop Description: This workshop will discuss basic principles and methods of growing garlic, and will provide participants with knowledge to increase chances of successful growth in the Muskoka region. Themes that the workshop will touch on, but are not limited to, include:

18. History of garlic, varieties and use
19. Supplies and necessities
20. Steps and procedures in garlic growth
    - Garlic bed and preparation for growth
    - Planting and Maintenance
    - Harvesting and Storage
21. Uses for garlic

Workshop Objectives: The workshop will help guide individuals in learning how to grow garlic and maintain garlic beds successfully in the Muskoka region. Knowledge and experience gained from the workshop will enable participants to:

- Understand the common varieties and uses of garlic
- Recognize the steps in growing garlic and maintaining garlic beds for home or commercial production
- Grow and maintain successful garlic beds in the Muskoka region

Workshop Agenda:

- 10.00am Arrival, networking and orientation
- 10.15am Workshop introduction and overview
- 10.45am Farm tour and overview of production materials and processes
- 11.45am Garlic Roasting & Preserving Demonstration, Tasting and lecture
- 12:30pm Discussion and Questions
- 1.00pm Closing remarks & networking

Workshop Cost: $30 per person

SAV 109 Raising Beef
Workshop Syllabus

Workshop Introduction: SAV 109 is a three hour introductory workshop about raising poultry for food production or as a hobby. A growing number of citizens across the country are choosing to raise poultry on their farms or in their backyards. Lots of people raise poultry for eggs and meat that proponents say taste fresher. Others raise them for pest control, fertilizer and, as the economy continues to struggle, for a cost-saving source of protein. Raising poultry is easy to do and can be fun and rewarding.

Workshop Description: This workshop will discuss basic principles and methods of raising poultry, and will provide participants with knowledge and information to start their own poultry farms in the Muskoka region. Themes that the workshop will touch on, but are not limited to, include:

22. Benefits of raising your own poultry
23. Supplies and necessities
24. Steps and procedures in poultry raising
    - Understanding Breeds
    - Hatching and Brooding
    - Caring for poultry and small flock health
    - Poultry housing and necessities

Workshop Objectives: The workshop will help guide individuals in learning how to raise their own poultry and maintain small scale poultry farms in the Muskoka region. Knowledge and experience gained from the workshop will enable participants to:

- Understand the benefits and advantages of raising their own poultry
- Recognize the steps in raising poultry as a hobby or for commercial purposes
- Begin their own small scale poultry farm

Workshop Agenda:

- 1.00pm Arrival, networking and orientation
- 1.15pm Workshop introduction and overview
- 1.45pm Farm tour and overview of production materials and procedures
- 2.50pm Tasting and lecture
- 3:30pm Discussion and Questions
- 4.00pm Closing remarks

Workshop Cost: $30 per person, limit 8 people per course

SAV 110 Preparing your Garden for Winter
Workshop Syllabus

Workshop Introduction: SAV 107 is a three hour introductory workshop about preparing your garden for winter. **Winterizing** not only makes your garden look better during the cold weather months, but will make for easier work in the spring and will help to protect less hardy plants from the cold. This workshop shows individuals how to winterize their gardens before harsh weather sets in.

Workshop Description: Learn how to properly prepare your garden for winter in the fall to protect plants from harsh weather and make for easier clean-up and planting in the spring. This workshop will discuss basic principles and methods of winterizing and will provide participants with knowledge and information to successfully prepare their own gardens for the upcoming harsh winter weather. Themes that the workshop will touch on, but are not limited to, include:

25. Winterization and Timing
26. Winter Garden Clean-up, Composting and Maintenance
27. Preparing Shrubs and Trees
28. Protecting Perennials
29. Winter Gardening
30. Vegetable Gardens
31. Cleaning and Storing Tools and Equipment
32.

Workshop Objectives: The workshop will help guide individuals in learning how to prepare gardens for the winter months. Knowledge and experience gained from the workshop will enable participants to:

- Understand the need for winterization
- Recognize the steps and processes in effective winter preparation
- Prepare personal gardens for winter months

Workshop Agenda:

- 1.00pm Arrival, networking and orientation
- 1.15pm Workshop introduction and overview
- 1.45pm Garden/farm tour and hands on demonstrations
- 2.50pm Tasting and lecture
- 3:30pm Discussion and Questions
- 4.00pm Closing remarks

Workshop Cost: $30 per person, limit 8 people per course

SAV 114 Raising Poultry
Workshop Syllabus

Workshop Introduction: SAV 109 is a three hour introductory workshop about raising poultry for food production or as a hobby. A growing number of citizens across the country are choosing to raise poultry on their farms or in their backyards. Lots of people raise poultry for eggs and meat that proponents say taste fresher. Others raise them for pest control, fertilizer and, as the economy continues to struggle, for a cost-saving source of protein. Raising poultry is easy to do and can be fun and rewarding.

Workshop Description: This workshop will discuss basic principles and methods of raising poultry, and will provide participants with knowledge and information to start their own poultry flocks in the Muskoka region. Themes that the workshop will touch on, but are not limited to, include:

33. Benefits of raising your own poultry
34. Supplies and necessities
35. Steps and procedures in poultry raising
    - Understanding Breeds
    - Hatching and Brooding
    - Caring for poultry and small flock health
    - Poultry housing and necessities

Workshop Objectives: The workshop will help guide individuals in learning how to raise their own poultry and maintain small scale poultry flocks in the Muskoka region. Knowledge and experience gained from the workshop will enable participants to:

- Understand the benefits and advantages of raising their own poultry
- Recognize the steps in raising poultry as a hobby or for sale
- Begin their own small scale poultry flock

Workshop Agenda:

- 1.00pm Arrival, networking and orientation
- 1.15pm Workshop introduction and overview
- 1.45pm Farm tour and overview of production materials and procedures
- 2.50pm Tasting and lecture
- 3:30pm Discussion and Questions
- 4.00pm Closing remarks

Workshop Cost: $30 per person

SAV 115 Mixed Farming
Workshop Syllabus

Workshop Introduction: SAV 115 is a five hour introductory workshop about the advantages of combining market gardening with livestock production. The symbiosis between gardening and livestock helps create an environmentally sustainable farm operation. This workshop shows individuals how to integrate livestock and market gardening including time management and fencing to separate the two.

Workshop Description: Learn how to properly prepare your garden / property for use of chickens, hens, sheep, pigs and/or cattle. Themes that the workshop will touch on, but are not limited to, include:

36. Diversity as the cornerstone of a sustainable farm.
37. Composting Livestock Manure
38. Timetable of major operations e.g.: lambing, starting seeds.
39. Fencing to separate garden and livestock.
40. Minimizing waste by feeding cull vegetables

Workshop Objectives: The workshop will help guide individuals in learning how to prepare your property for livestock and the integration of livestock. Knowledge and experience gained from the workshop will enable participants to:

- Understand the usefulness of integrating animals into the farm setting
- Recognize the roles of different livestock species
- Plan buildings / structures for multiple uses.

Workshop Agenda:

- 1.00pm Arrival, networking and orientation
- 1.15pm Workshop introduction and overview
- 1.45pm break out groups for Farm tour
- 3.00pm Tasting and lecture
- 3:45pm Discussion and Questions
- 4.30pm Closing remarks

Workshop Cost: $30 per person