



# 7<sup>th</sup> Annual Rural Living Expo

## Saturday, April 10, 2010

Cuba-Rushford High School, Route 305 North, Cuba  
(Exit 28 off I-86, north on Route 305 – School just under one mile on right.)

### FULL AGENDA

**8:30 – 9:00 AM – Registration and refreshments**

**9:00 – 9:40 – Welcome and General Session – Environmentally Responsive Design Kabel Kellogg, Community Educator.** An overview of home landscape designs that utilize natural processes such as rain, drainage, sun, wind, and seasonal change in order to save up to 30 percent of the expenses to heat and cool a residence.

**9:50 AM – 10:50 AM Concurrent SESSION I (choose one class per session)**

**Make Your Own Creams & Goats Milk Soap – Bridgette Tojek, Farmer.** This hands-on class will cover the basics of making soap and body creams. Participants will also learn the value of adding oils and herbs for different uses.

**Introduction to Food Preservation – Kristin Robak, Community Educator, Master Food Preserver.** Basic information on the various methods of preserving food including dehydration, pickling, and canning will be provided. Resources for preserving food safely as well as maintaining top quality and flavor will also be discussed.

**Building Living Soil - Robin Stewart-Woodford and Rick Martin, Master Gardener.**

Learn what living soil is and how important it is to healthy plants and gardens. The steps to bringing your soil to life will be discussed.

**Why You Can't Have Everything In Your Garden - Mary Lu Wells, Master Gardener.**

Plan your garden according to the plants needs - not your desires. Create conditions in which they will thrive with little aftercare. After planning and implementing its mostly - enjoy!

**10:55 – 11:55 AM Concurrent SESSION II (choose one)**

**Cooking with Garlic & Shallots – Certified Executive Chef Michael Vasile.** The session will feature a live cooking demonstration and taste testing. Chef Mike will share tips, techniques and selection of quality garlic and shallots for culinary purposes.

**Designing a Vegetable Garden That Works! - Linda Meister and Melinda Buckley, Master Gardener.**

The class will help participants establish a functional, easy to maintain, productive garden.

**Home Food Processing – Phyllis Couture, Certified Home Processor.** Learn how you can make jams, jellies and baked goods from your certified kitchen for your family or direct sales. Class covers what it takes to produce safe, quality goods.

**Rural or Urban Backyard Poultry Production - Bridgette Tojek, Farmer.** Would you like to raise a few birds for food production or befriend a chicken as a backyard pet? Learn the basics of care, handling, feeding and natural health care for poultry.

**12:00 – 12:50 PM LUNCH – Featuring locally grown/produced products.**

**12:55 – 1:55 PM Concurrent SESSION III (choose one)**

**Cheese Making at Home – Lynn Bliven, Association Team Coordinator & Colleen Cavagna, Horticulture Community Educator.** Introductory workshop with information on producing mozzarella, curd, and cheddar cheese including techniques, equipment and resources available.

**Garden Pests - Mark Schindlbeck, Commercial Grower from Franklinville.** Learn practical techniques for identification and management of vegetable and fruit pests.

**Going Native in the Garden - Mary & Terry, Master Gardener.** Learn the natural low maintenance approach of using native plants in your garden. Find out what plants are available in our area and those which can be grown from seed or transplanted.

**A Natural World of Color: Creating Dyes Using Natural Materials - Debbie MacCrea, Master Gardener.** An introduction the basic processes involved in the Art of using Natural Dyes, as well as the joy of using locally gathered or grown plant dyes.

**2:00 – 3:00 PM Concurrent SESSION IV (choose one)**

**Cooking with Garlic & Shallots – Certified Executive Chef Michael Vasile. Repeat of session II.**

**Creating a Backyard Orchard – Mark Schindlbeck, Commercial Grower from Franklinville.** An introduction to growing your own tree fruits in Western NY. Focusing on apples and other hardy, cold-tolerant varieties; discussion will cover selection, planting and maintenance techniques including pruning.

**Container Gardening - Nan Miller, Master Gardener.** Learn how to select the appropriate plants for annual flower containers, taking into consideration the growing habit, light, and water requirements.

**Where are Your Valuable Papers? - Teri Violet, Community Educator-Family & Consumer Science.** Every person has many important papers relating to personal records, property ownership, insurance, finances, health, and other family affairs. Managing these documents well will help you locate them when they are needed, as well as direct others in an emergency. In this workshop we will explore the ways to assemble information, and recommendations for storing and accessing.

**PLEASE NOTE:** All Cuba-Rushford Central School Buildings and grounds are drug and tobacco free areas, including facilities, fields, parking lots, etc. No smoking is allowed in the facilities or on the grounds.

# REGISTRATION FORM

## RURAL LIVING EXPO – April 10, 2010

*(Please mail back this entire form with payment – thank you!)*

*In order to help us estimate class interest, please choose one topic (per person) in each concurrent session by placing a check (✓) for each person next to the class description.*

**9:00 – 9:40 AM** – Welcome and General Session – Environmentally Responsive Design

**9:50 – 10:50 AM CONCURRENT SESSION I**

(choose one)

- 1. **Make Your Own Creams & Goats Milk Soap**
- 2. **Introduction to Food Preservation**
- 3. **Building Living Soil**
- 4. **Why You Can't Have Everything In Your Garden**

**12:55 – 1:55 AM CONCURRENT SESSION III**

(choose one)

- 1. **Cheese Making at Home**
- 2. **Garden Pests**
- 3. **Going Native in the Garden**
- 4. **A Natural World of Color: Creating Dyes Using Natural Materials**

**10:55 – 11:55 AM CONCURRENT SESSION II**

(choose one)

- 1. **Cooking with Garlic & Shallots**
- 2. **Designing a Vegetable Garden That Works!**
- 3. **Home Food Processing**
- 4. **Rural or Urban Backyard Poultry Production**

**2:00 – 3:00 PM CONCURRENT SESSION IV**

(choose one)

- 1. **Cooking with Garlic & Shallots**
- 2. **Creating a Backyard Orchard**
- 3. **Container Gardening**
- 4. **Where are Your Valuable Papers?**

***Registration Deadline: Friday, March 19<sup>th</sup>***

**COST: \$30 per person; price includes class proceedings, print materials and lunch**

**PLEASE NOTE: NO CONFIRMATION OF REGISTRATION WILL BE SENT. NO REFUNDS, NO WALK-INS**

*Fill in registration information below and class choices above.*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Additional Name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State: \_\_\_\_\_ Zip \_\_\_\_\_

County \_\_\_\_\_ Email \_\_\_\_\_

**Choose LUNCH Selection**     beef dish     meatless option

# Attending \_\_\_\_\_ X \$30.00 = Amount enclosed \$ \_\_\_\_\_

**Make checks payable to: CCE Allegany-Cattaraugus and mail completed registration form, including class selections and payment to: CCE Allegany-Cattaraugus Counties, 5435A County Road 48, Belmont, NY 14813. Attn: RLE**

*For more information, contact Dorene at the Belmont office: 585-268-7644 ext. 10*

**Cornell University Cooperative Extension  
Allegany-Cattaraugus Counties  
5435A County Road 48  
Belmont, NY 14813**