



SUSTAINME

Spring SustainME

June 4th, 2022

Session I:

Raising and Harvesting Meat Birds: Chickens can make a great resource for anyone because they offer nutrients in both meat and eggs. In this workshop, we will focus on raising chickens for meat. We will start by looking at different options for chickens and how to figure out what breed is good for you. We will then look at equipment and best practices used for raising healthy birds. After that, we will move into butchering and processing meat birds. We will look at equipment and a few different options for dispatching birds, then move into preparing and cleaning the bird so it's ready to eat or store.

Note: In this class, we will be harvesting and working with real birds. At any point during the class if you feel like you need to walk away we understand.

Fermentation: Fermentation has been a part of human cultures all around the world for more than 7000 years and together we will dive into the modern techniques and processes of Lacto fermenting for food preservation in the form of sauerkraut and ethanol fermentation for making the ancient alcoholic beverage mead in our class we will break down equipment tools and knowledge needed to get you on your way to doing your own fermentation at home!

Fishing: One of the many great outdoor activities that Maine boasts is its fishery. There are many opportunities to find excellent warm water and cold water fisheries throughout the entire year. In this session, we will cover fishing tactics for both of these fisheries. We will look at lure selection, knot tying, fishing laws for the state, and types of equipment. The session will finish with a trip to our local Discovery Pond where you will have the opportunity to land a brook trout. If successful, we will cover safe fish handling and preparation for cooking!

Shotgun Shooting: Whether it's hunting or target shooting that you're interested in, this workshop we'll begin with safe gun handling and basic shotgunning, and then we'll take it to the sporting clays range for some high flying clay target shooting! Learn proper stance, follow-through, and point and shoot techniques from certified instructors.

Campfire Cooking with Wild Game: There's a growing number of folks returning to wild game choices for healthy, sustainable table fare. Plus, wild game is delicious! In this session, you will have the opportunity to explore new ways to prepare a couple of common types of wild game meat, outside of your kitchen, using recipes that are easy to follow and will surprise your tastebuds! We will show you how to

prepare a campfire for cooking, show you different types of campfire cooking equipment and share some of our favorite recipes that you can take home. You will leave with a new appreciation for wild game and a deeper connection to where your food comes from, and maybe a full belly!

Creating a Wildlife-Friendly Yard: Join us for a walk as we take a look at the elements that make suitable habitats for wildlife species. Participants will get hands-on experience creating healthy wildlife spaces and leave with a plan for their own yard. Be sure to dress in layers and wear suitable walking shoes as we will tour the campus looking for wildlife and examples of how humans and nature can coexist.

Session II:

Introduction to BowHunting: Bowhunting has steadily grown in popularity in Maine and to be successful there are many things to consider. In this workshop, we'll cover equipment selection and proper shooting form, use of tree stands, and even ground blinds. We will focus on shot placement, judging distance, blood tracking, and even laws and regulations. By the end of the workshop, you will be ready to begin preparations for your next season!

Introduction to Composting: Ever wondered how you could get more use out of kitchen scraps and leftovers? Or interested in reducing your carbon footprint? In this beginner composting workshop participants will learn 'what is composting', how does it work, what can you compost, and gain the skills needed to start composting at home. All materials will be provided to take home a DIY composter, though gloves and comfortable shoes are recommended and will not be provided as we will be taking a trip to the camp compost pile and garden.

Spring Foraging:

Springtime presents an emerging palate of wild edibles and useful food ingredients or medicinals. With a bit of knowledge and a sense of adventure, you'll discover that there's much more that is readily available if you open your senses and explore. You'll gain a new perspective and appreciation of the numerous edible plants that just maybe growing in your backyard or woodlot. Foraging is a great way to build more self-reliance in the wilds of Maine.

Wildlife Tracking: The forest that surrounds Bryant Pond is teeming with wildlife including deer, moose, foxes, turkeys, and many other species. During this workshop, we will take a short hike to various habitats in search of signs of wildlife. Each trip is different as we interpret the story of what we find. Participants will leave with a greater understanding of what different animal signs mean and where to look.

Pistol/Handgun Shooting: In this workshop, we'll cover handgun safety and safe shooting practices. Pistol shooting is growing in popularity and was recently added as a 4-H Shooting Sports discipline in Maine. You'll spend time covering the basics with plenty of range time and a chance to discuss firearms safety in the home or vehicle.

Map and Compass: GPS use is on the rise, but basic map and compass skills are the key to

navigation in the back-country. Learn how to read topographic maps and put a compass to use. Orient a map, set a bearing and set a course, and soon you'll find out how much fun it is! We'll cover triangulation, declination compensation, and route planning.