

Country Living Expo

& Cattlemen's Winterschool

2022 Class Information and Descriptions

January 28, 29, 30

WASHINGTON STATE
UNIVERSITY
EXTENSION

Register online for our virtual event:
Skagit.wsu.edu/countrylivingexpo/

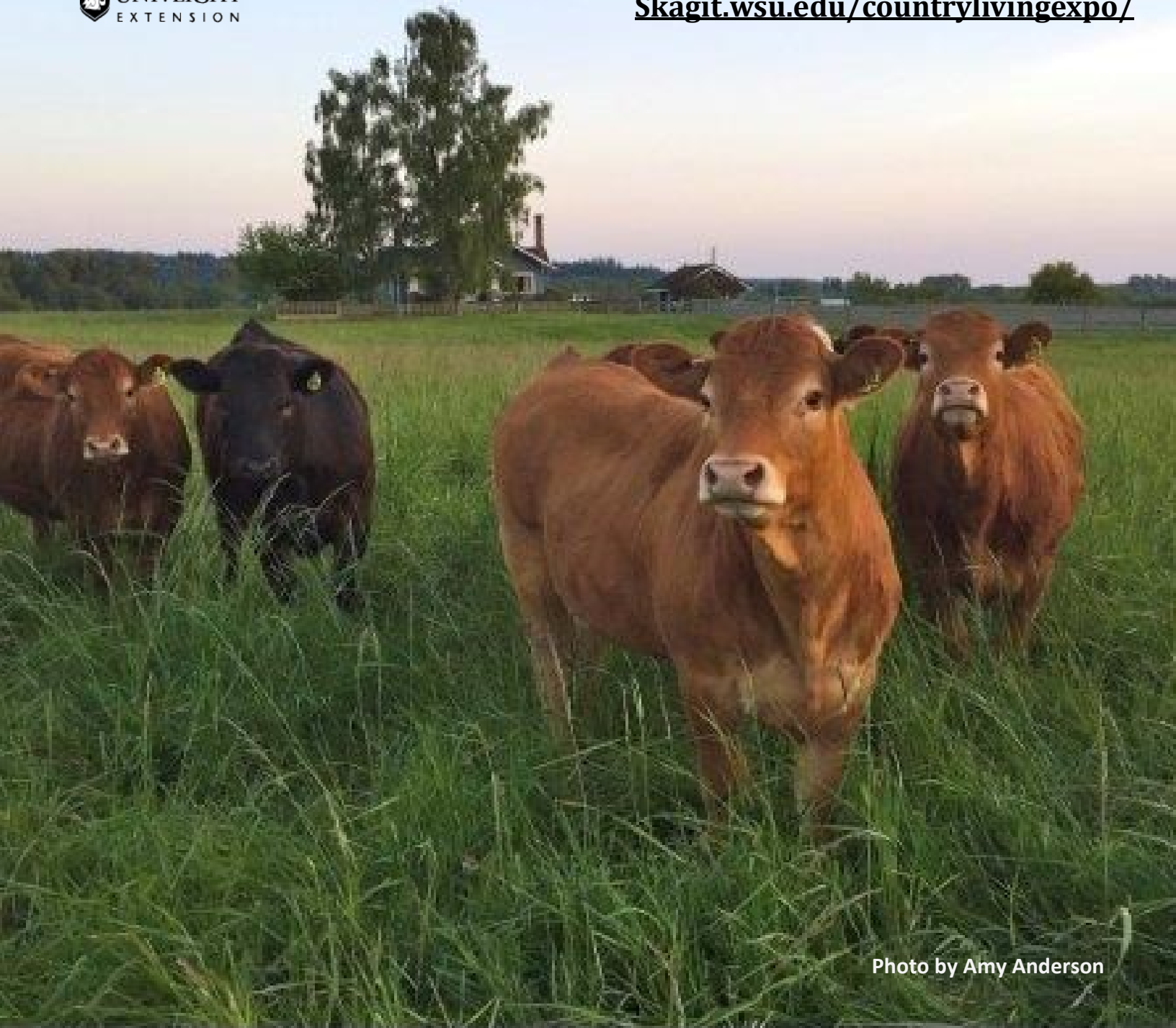


Photo by Amy Anderson

Welcome to our Virtual Expo 2022

87 classes to choose from over 3 Days

Take UP TO 12 CLASSES LIVE!

We have brought our most popular classes and speakers to this year's Expo along with 25 new classes. You may Watch recordings of all classes for 6 months after the expo!

**The easiest way to get answers to your questions is by emailing:
countrylivingexpo@gmail.com**

- 1. Cost: Adult Registration is \$55.00 and you may take up to 12 classes live and all classes recorded after the Expo.**
- 2. Sponsored Student registration is \$10.00.**
- 3. Read through this year's class list and note your selections, time & class number.**
- 4. To register, please go this link:
<https://countrylivingexpo.wufoo.com/forms/r19dqq721dhsva5/>**
- 5. CRITICAL NOTE - You will receive a confirmation email immediately after registering unless your email address was incorrectly entered into the registration form. If you do not receive a confirmation email please email us at: countrylivingexpo@gmail.com so we can correct your email.**
- 6. We will send out directions for easily downloading your own free ZOOM account. We will host several online Zoom check-ins before the Expo to ensure you can access our Zoom classes. We will provide tech support before as well as the day of the Expo. Zoom is very easy to navigate which is why we chose it.**
- 7. We intend to record all classes which will be available after the Expo for paid registrants. More info to come.**
- 8. On January 26, 2021 we will send Zoom links for each of the classes you have registered for to the email YOU provided. If you change your email address before the Expo YOU MUST LET US KNOW! Only those folks who have registered for each class will be allowed online into the classes.**

Friday:

9:00 AM

101 Aching Hands and Stomped-on Feet: Simple Tools and Modifications for Farmers and Gardeners

Support Your body by adopting the right tool or modification to help reduce the strain and stress that farming or other agricultural activities place on the body. Farm injuries and aging in general, can significantly impact productivity, as well as one's quality of life. This webinar will explore simple "there I fixed it" techniques, current ergonomic tools/products and statewide resources. Join us as we introduce Washington State's new AgrAbility Project and review direct services and technologies available to you through your WSU extension.

Instructor: Curt Johnson

#102 Intro to Forest Health in Western Washington

The class covers what every owner of wooded property needs to know about how forest health works in western Washington. Learn about current and spreading issues affecting the area, risk factors, and how to know how well your forest is functioning. Know what's normal and what's not, when to be concerned, and what to do if you suspect a problem. The discussion will include root diseases, insects, parasitic plants, and drought, and we'll discuss practical strategies for recovering from and preventing problems.

103 Bats! Who They Are, Where They Live, and Who They Benefit!

Washington State has 15 different species of bats. Find out how many live in your neighborhood, why you should like bats, and how to attract bats to your yard. Learn what they eat, where they like to live and why they like to live in your attic or roof. Find out what bats do each season of the year, how to make a bat house, and which is the best style for our area. And of course, learn how to do bat exclusions.



Instructor: Meg Lunnum

#104 Microclimates: Success or Failure in Your Yard

Imagine a yard that fulfills your needs and makes you happy when looking at it... How would knowing about microclimates help you? Main determinants of microclimate are: wind, elevation, slope, soil drainage and type, sun/shade exposure, as well as temperature of soil and surrounding area. Learn why your shrubs and flowers may bloom earlier or later than your neighbors. Learn how to map your yard for year round sun/shade exposure.

Instructor: Claudia Wells

#105 Backyard Wildlife: Helping Encourage or Discourage Neighborhood Critters!

"Wildlife is a part of our rural lifestyle. Love most, hate a few. This talk will describe a few of the common species we live with in Northwestern Washington, and methods for either encouraging, or discouraging, selected species. Highlights will include black tailed deer, black bears and rats. This class will be lively and entertaining, and maybe include a song!"

Instructor: Ken Bevis



#106 The Best Apple and Pear Varieties for the Northwest

What varieties are right for you? Hear about the very best apple and pear varieties of the Pacific Northwest from WSU researcher Jacky King.



107 Using Essential Oils on the Farm

Learn how to use essential oils on your farm, inside the home and out, for you, your family, your pets, your livestock, and more. From natural, effective cleaning in your home and barn, to helping keep your pets and livestock thriving on your farm, this class is for everyone!

Instructor: Tamara Shelley

Friday:

11:00 AM

#121 Selecting the Right Hay

Paying too much for poor hay? Gary will discuss what to look for when buying hay and factors that affect hay nutrition. Learn what makes high-quality hay and how to identify it in the bale before you buy.

Instructor: Gary Fredricks

#122 Emerging Diseases

Join us for an interactive session with the State Vet's Office. Learn about animal health resources, emerging disease trends in Washington, WSDA's disease response efforts, and the role of animal disease traceability

Instructor: Dr. Amber Itle

Friday: 11:00 AM

#123 Sheep Dairying 101

"Cheese from the ewe, milk from the goat, butter from the cow." - Spanish proverb. Sheep are amazing animals! In the US, we most commonly connect these creatures with meat and wool production, but you can milk sheep too! Not only is their milk highly nutritious and easily digestible, but it also makes delicious cheese and yogurt! In this class we will review the basics of homestead sheep dairying, with a focus on the ewe-nique properties of sheep's milk and sheep's milk products. We will explore dairy sheep breeds and the tools and materials needed to raise and care for them. If you love sheep and/or are interested in the intricacies of farmstead cheese, this class is for ewe!

Instructor: Jessica Gigot



#124 Living with Beavers



Beavers can cause headaches by chewing trees, blocking culverts, or building dams that flood your property, but the Snohomish Conservation District is here to help! In this webinar, learn about the benefits of having beavers on your property, some strategies for managing beaver conflicts, and opportunities for assistance from SCD.

Instructor: Elyssa Kerr

125 Know Your Native Trees

Western Washington is home to a wonderful assortment of native trees. If you are new to Washington forests or otherwise unfamiliar with the tree species of the region, this class will teach you about these indigenous sylvan denizens to enrich your next walk in the woods. We'll cover identification, growth traits, and habitats.

Instructor: Kevin Zobrist~



126 Instant Pot®: The Electric Pressure Cooker

This appliance has taken the world by storm. In this class, we will learn how to safely use electric pressure cooking units as well as how to incorporate them into our busy lives so our participants can cook healthy and nutritious meals at home in no time.

Instructor: Diane Smith

#127 Backyard Berries- Growing Blueberries in The Home Garden

Blueberries are unique and require special considerations to thrive. However, they are well worth the effort! This presentation will cover the basics of planting, soil pH and fertility, mulching, irrigation, pest and disease issues and their management, and cultivar/variety selection.

Instructor: Lisa Wasko Devetter



#128 Skagit Challenge

Did you know that the Skagit Valley produces over 80 commercial crops? Even in winter, its mild, maritime climate supports year-round production. Ingredients for this class include both fresh, locally grown winter vegetables from a number of farms as well as value-add goods available all year. Four recipes will feature ingredients from up to 10 Skagit growers and food producers. A special "Skagit Challenge" prize will be awarded to the students who can correctly guess all the farms and food producers! Join Genuine Skagit Valley director, Blake Vanfield, as she takes you on a culinary journey where eating locally and seasonally is both fun and accessible. Having run a cooking school and taught cooking classes for over 10 years, she relishes the opportunity to step away from her desk and showcase Skagit's incredible farm-raised flavors. Genuine Skagit Valley is a program to increase the recognition and visibility of Skagit Valley's vibrant agriculture goods and community. Let's toast to that!

Instructor: Blake Vanfield

Friday: 1:00 PM

131 Feeding Dairy Goats

Feeding your goats should maximize production, maintain the health of the animal and should not be costly. If you are not achieving these three goals, come learn feeding tips that help both you and your herd.

Instructor: Gary Fredricks



132 Necropsy for Ruminants

Basic aspects of a farm animal necropsy including site set-up, opening the carcass, anatomy, assessments of normal versus abnormal tissue, sampling or other documentation of findings, and disposal.

Instructor: Dr. Craig McConnell, WSU College of Veterinary Medicine

133 Rain Water Catchment for Agriculture and Small

In our session we will learn how to use the runoff from your existing roofs for livestock watering, garden irrigation and emergency storage. We will explore key components for every collection system, as well as some of the more unique considerations specific to agricultural uses. All are welcome, whether you are just considering a 50 gallon barrel or want to do a 100,000 gallon cistern.

Instructor: Derek Hahn



Friday: 1:00 PM

136 Ageing With Grace

Aging Mastery. There is an art to growing older, and this workshop will share tools, tricks, and tips to ensure that your journey through time is a masterpiece. Each participant will receive their own Aging Mastery Starter Kit based on years of scientific research. Each element of the kit – Exercise DVD, Activity Cards, Weekly Check-in notepad – is designed to encourage you to take the small steps that can improve your quality of life. Join the conversation, receive a kit, learn to age with grace.

Instructor: Diane Smith

137 Biocontrol for Weeds: Is it right for you

Biological control of weeds is an important component of vegetation management. However, its use is often overlooked or not well understood, which can lead to hesitancy in using this effective and very accessible tool, especially in long-term control strategies. This presentation will cover the basic underlying principles of biocontrol and how to effectively use it as part of an integrated management strategy. Specific information about noxious weeds and their associated biocontrol agents will be discussed.

Instructor: Jennifer Andreas

Friday: 3:00 PM

141 Wintering Ruminants-Sheep and Goat Mud Mitigation in a Heavy Use Area. HUA`

Farming in a wet climate means beautiful pastoral pastures full of green grass for your sheep and goats; however, if you have kept livestock through a Pacific Northwest winter in Western Washington then you know about mud. Even with smaller ruminants it can be a mess that impacts your time and effectiveness, and can negatively impact your animals' health quickly! Let WSU Skagit County Pasture Management walk you through the ins and outs of how to keep your small ruminant herd of sheep or goats high and dry through the cold, dark winter months. Spring and Summer are where the joys of farming really shine, but don't go into winter under prepared again. Let's the experts help you plan. Winter is coming; no matter what!

Instructor: Joe Holtcamp & Jeff Frazier

#142 Farm Animal Risk Mitigation: Prepare, Prevent, Evaluate

This session will cover basic on-farm and regional biosecurity principles through case-based scenarios and practical applications. The first hour will be focused on a specific disease outbreak highlighting fundamentals related to biosecurity preparation, disease prevention, and evaluations of interventions. The second hour will cover specific aspects of risk mitigation including mapping your farm, controlling visitors and vehicles, cleaning and disinfection, zoonoses and implementing biosecurity plans. Dr. McConnel has a PHD in Epidemiology of adult dairy cow mortality. He has been a professor in Australia, Colorado and is now an Associate Professor at WSU.

Instructor: Dr. Craig McConnel

#143 The Future of Fire in WA Forests: Risks & Response

Wildfire and smoke are growing concerns in the Pacific Northwest. Could the wildfires that burned through California communities in recent years happen here? This session will explore (1) the basic science of fire, (2) projections of future fire occurrence in Washington, including the effects of climate change, (3) fire risk in western Washington, and (4) actions that homeowners can take to reduce those risks.

Instructor: Dave Peterson



#145 Perfect Pairing: Chocolate & Strawberries

They may seem like the ultimate fancy party food, but chocolate covered strawberries are actually very easy to make. In this class learn how to create gourmet dipped berries– a deliciously sweet gift for any occasion. A list of supply's will be sent to you so you can be ready to work along at home.

Instructor: Kim Fox



#146 Plant Based Diets-Introducing more Veggies in Your Meals

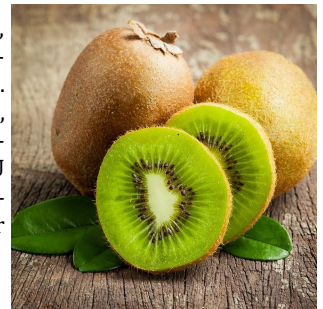
Interested in incorporating more plant foods into your diet? Many people are moving towards incorporating plant foods for better health. This workshop will provide introductory information and skills useful to those considering any configuration of plant-based diet. If someone in your household has dietary restrictions and is looking to move toward more plant foods, this is the course for you! Learn new recipes!

Instructor: Jennie Bryan-Goforth

#147 Uncommon Fruits for Puget Sound Gardens

This topic discusses some tree, bush, and vine fruits that are not commonly known and grown in our area (i.e. hardy kiwi, aronia, quince, haskap, shipova, and others). The information is based on trials at WSU Mount Vernon NWREC and observations from nursery growers over several years.

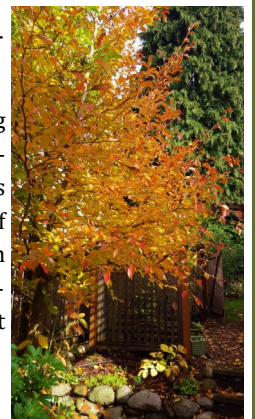
Instructor: Jacqueline King



#148 Great Understory Trees for Pacific Northwest Gardens

Using great photos and a friendly speaking style, Laura will describe her personal experiences living with ten great understory trees for the Pacific Northwest, all but which one of are listed on Great Plant Picks and included in *The Tree Book* by Michael Dirr and Keith Warren. Attendees will receive an informative list of great trees to try.

Instructor: Laura Watson



Sat
9:00 AM

201 Pasture Evaluation and Management

Too many weeds, not enough grass? Learn how to look at your pasture management with a critical eye and find out some simple management strategies for improving your forage production.

Instructor: Gary Fredricks



#202 Physical Exam of the Ruminant—Looking Deeper Into Your Animal

This class will cover a hands-on physical exam of the ruminant animal. My examination is based on a systems approach to the animal. These systems include sensory, reproductive, digestive, mammary plus several more. I will go over equipment needed, safety, provide normal parameters for the animal, and just as importantly, give you abnormalities for each system. For those animals who are not as cooperative, I will also provide some information for an over-the-fence exam. The goal I have in all my classes is to help owners take a more active role in the management of their animals. One of the most popular classes from last year. Bring your questions.

Instructor: Dr. Tim Cuchna

#203 Raising Heritage Turkeys

Heritage turkeys are long lived, active foragers, genetically diverse breeds that are able to mate naturally and raise their young. Much slower to develop heritage birds live long enough to develop a layer of fat beneath the skin, which imparts a rich flavor to the meat. They also have larger thighs and legs because they still run and fly which produces especially dark, juicy meat. Learn how to raise heritage breeds of turkey for your family's needs.



Instructor: Benjamin Janicki

204 Electric Fences—Facts, Myths, and Troubleshooting

Do you need to keep animals contained? Ground rods, connectors, jules—what does it take to keep a fence hot? Learn how to measure power needs, fence lay out, gates, and handles. For all your animal needs.

Instructor: Bryan Faley



205 Design a Drip Irrigation System for Your Garden

After this dry summer you may be looking for a better way to water your garden. A drip irrigation system takes the work out of watering, whether a garden bed, deck garden, greenhouse, or individual plant, with a minimal loss to evaporation or runoff. It can be programmed to occur at any schedule desired. Master Garden and irrigation expert Bob Bryan will illustrate the design and implementation of drip systems in a number of scenarios.



Instructor: Bob Bryan

207 Soil Health for Gardeners

Come learn about the basic concepts of soil health in the garden. We will get back to the basics with biology, chemistry, and physics. And offer some practical tips to build healthy soil at home. This class is for those new to soil health concepts and practices.

Instructor: Caitlin Youngquist

208 Pruning Shrubs in

Are older shrubs taking over your landscape? Have you purchased a home with overgrown bushes? Learn basic pruning cuts, timing for pruning, types of shrubs and how to prune them. Current local pictures with correct and incorrect types presented.

Instructor: Claudia Wells



Sat
11:00 AM

221 Let's Talk Rumen Nutrition

Beef cattle nutrition– In this class we will learn new ways to meet your animal requirements in an economical way on your farm. Every pound matters learn how to maximize them through Nutrition!

Instructor: Dr. Kristen Johnson

Sat
11:00 AM

222 Advanced Poultry Genetics and Selection:

Already raise poultry, but want to take your breeding operation to the next level? Love genetics and want to learn more about how it works in chickens, ducks, geese, and turkeys? This class will cover a brief history of poultry breeding, overview of poultry genetics, inbreeding, hybridization, and common strategies on breeding for show and productive qualities.

Instructor: Benjamin Janicki

#224 What to Look for When You Buy or Rent a Piece of Property

You should always go on a second date! Match your farming goals and objectives with potential farm sites. All farms are not created equal.

Learn what resources are available for evaluating soil types, land usage, setbacks, regulations and wetlands **before** you purchase a farm. Careful preplanning begins a strong foundation for meeting your personal and financial goals.

Instructors: Bill Blake, and



#225 How to select, Grow, and Prune Clematis, the Queen of the vine

Learn to bring the amazing beauty and variety of clematis to your garden—with ease. Laura Watson will tell you how. Using great photos and a friendly speaking style, she will showcase the splendor of clematis and their amazing variety in color, shape, bloom time, and growth habit. Get details about the care of clematis, information about simplified pruning, and recommendations for easy clematis to try. You will receive an informative and detailed handout.

Instructor: Laura Watson



#226 The Victory Garden

During WWII, households all over the country were encouraged to grow a Victory Garden. This was to help with food shortages and also help with the war effort. Return to your roots and experience the joys of growing your own produce and fruit year round in the temperate Pacific Northwest.

Instructor: Diane Decker



227 Water Rights Basics for Rural Land Owners

What is a water right? Do I need a water right, or do I already have one. Do you use surface water or groundwater at your property to supply your home, irrigate crops or landscaping, water livestock or produce something you sell. How does where I live affect water rights? In this class you will learn how to navigate regulations and permitting for your property., As well as permit exempt water rights.

Instructor: Katie Faber

228 Mine is Better than Yours and I can prove it

PROVE IT by exhibiting at a fair. The ins and outs of the local fairs will be covered to give you information to help you feel comfortable entering your products into fairs. Premium books for local fairs will be discussed as will entry requirements and ways you can get involved.

Instructor: Margaret Olson



Sat
1:00 PM

231 Poultry Processing 101

Learn to process your own poultry humanely and sustainably! This step-by-step class will walk participants through correct equipment and set-up, humane dispatchment, sanitary butchering and chilling practices, and proper packaging. Participants will leave with greater confidence that they can process their own delicious meat at their homestead with efficiency, care, and pride. Unlock the protein production potential of your farm today!

Instructor: Mike Gadman



232 Regenerative Pasture Management

Too many weeds and not enough grass? Come find out how to assess your current livestock grazing program to help improve forage production, reduce weeds and runoff through some simple management strategies for helping to improve forage production.

Instructor: Eric Schuh

Sat
1:00 PM

233 Livestock Guardian Dogs

Livestock guardian dogs are an environmentally-friendly solution to predator control. Livestock dogs are not like other dogs. Learn about breeds, temperament, training rules of thumb, and prevailing myths.

Instructor: Laura Faley



234 American's Helping Hands!

Farm sitting is an honor to do and receive when it's done right. In this class you will learn the do's and don'ts of farm sitting, forms to consider, and ways to make it work when it's not just like being at home. Likewise, you'll learn things to consider so you'll get return business.

Instructor: Gary & Ruth Wiegand

235 How to Grow Giants in the Garden

Cindy Tobeck, the 2021 World Champion Master Gardener, will lead you through tips and tricks to grow a variety of giant fruits/veggies including giant pumpkins and squash, long gourds, tomatoes, bushel gourds marrows (giant zucchini), field pumpkins, cabbages and watermelons. Cindy has multiple Washington state and USA records, and has grown pumpkins and squash over 2000 pounds! In addition to that, she'll teach you how she grew her 7.19 pound tomato, 131 inch long gourd, 249.5 pound bushel gourd, and 152.5 pound marrow zucchini!

Instructor: Cindy Tobeck



236 Grow Luscious Tomatoes—Even in the NW!

Even here, where our summer can be damp and a bit chilly, you can learn the tricks to cultivate

tomatoes like an expert. Start little tomato plants right, and learn what varieties to choose. What's the best fertilizer, and when to apply it? When summer comes you'll have a juicy harvest to share.

Instructor: Bob Bryan~



237 Chainsaw Maintenance and Safety

Learn how to keep your chainsaw in top operating condition and how to use it safely. learn to adjust and sharpen the chain, replace the spark plug and more.

Instructor: Steve VanValkenburg

238 Fragrant Shrubs for Pacific Northwest Gardens

Fragrance offers another level of pleasure to your garden. Learn about fragrant shrubs that will thrive in Pacific Northwest landscapes. There is a different shrub for every season of the year.

Instructor: Diana Wisen~ 75min



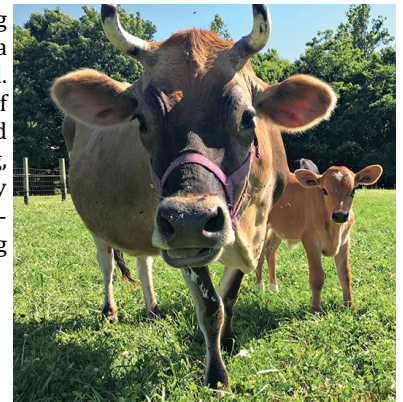
Sat
3:00 PM

241 The Family Milk Cow, Mooliscious Milk Cow

Everything I learned after buying a "pandemic" dairy cow. Adding a dairy cow to your homestead. This class will cover breeds of dairy cows, questions to ask and things to know when purchasing, care for your cow, yummy dairy products, the milking parlor, udder health and proper milking techniques.

Instructor:

Donna Melton & Regis Swanson



242 Heritage Poultry Breeds

Heritage chicken breeds are heirloom breeds that adhere to a few important standards including: recognition by APA (American Poultry Association), naturally mating (no artificial insemination), have a long and productive outdoor lifespan, and have a slow growth rate. We will discuss breeding and standards, showing, and maintaining a flock of heritage birds.

Instructor: Benjamin Janicki

243 How to Make a Vegetarian Felted Fleece Rug

Handmade wet felted fleece rugs, also known as "vegetarian sheepskin rugs", are a great alternative to the traditional sheepskin (hide) rug. They look just like sheepskin rugs; however, if you turn one over you will see that the base is made of wool rather than hide. The rugs are made by a technique known as "wet felting". This is the use of hot water and agitation to encourage wool fibers to stick together. These handmade felted fleece rugs are great for many reasons. From a practical point of view they're great because you can wash them. They can even be machine washed on a cool wool cycle and they come out lovely and fluffy.

Instructor: Eileen Hordyk, Julie Penix & Donald Jonasson



244 Raising a Livestock Guardian Puppy

Puppies are so adorable! And puppies seem so much smaller, easier to manage, and less expensive to purchase than mature working dogs. But what are the training challenges and pitfalls to be aware of to get a Livestock Guardian Dog from puppy to 2-yr-old working maturity? Are there advantages? What training methods are most effective with LGDs? How do I choose which breed? What is my financial commitment? This class is a crash course on the do's and don'ts, the challenges, the joys and stages of development when starting with an LGD puppy on your farm. This class is not about pet puppies; it is exclusively about puppies from Livestock Guardian Dog breeds who are needed to work as Livestock Guardians on your farm.

Instructor: Laura Faley



245 Hop Growing

Hops are a major specialty crop in the Pacific Northwest with demand driven by specialty crafted beer. Amy and Byron will share their journey incorporating hop production on their farm. Where to plant, planting season, nutrient management and soils will be covered. Whether you plan to let your hops grow over a gazebo or trellis for easy harvesting or up wires and cables hear the successes and challenges as they have navigated growing an 18' tall crop and the tools and equipment needed for harvesting.

Instructor: Byron Betts & Amy Moe



#246 Safe & Productive Sawing With Your Chainsaw



A brief exploration of how to safely and efficiently cut your wood supply with your chainsaw, including what to look for and look out for. How to fall, limb and buck trees for the beginner or inexperienced landowner.

Instructor: Steve Vanvelkenburg

247 Shitake Mushroom Cultivation

Savor the rich, meaty flavor and delicate texture of homegrown shiitake mushrooms. Learn the basic steps to inoculate logs to grow your own edible mushrooms.

Instructor: Kevin Zobrist



248 Forest Walking with Jane Billingham

Jane Billingham, translator of Peter Wohlleben's *The Hidden Life of Trees*, will describe how to get the most out of your next forest adventure by taking a deep dive into the ecosystems around you--whether you are hiking on your own, camera in hand, or teaching young children how to be forest detectives. Discover fascinating facts about how tree frogs change color, how slime molds travel to find food, which animals and plants glow at night, and how lichens fertilize our forests. Jane is a WSU Skagit County Master Gardener, translator, and author. Her latest book, *Forest Walking*, co-written with Peter Wohlleben, is all about trails of discovery in forests around North America. It will be available in April 2022.

Instructor: Jane Billingham

Sun

9:00 AM

#301 Oh Sheep! I Have a Sheep Now What?

Introductory sheep production class for new shepherds. Class will cover sheep basics including breeds, handling, nutrition, and marketing. How to keep your sheep healthy and happy!

Instructor: Sarah Smith



302 Poultry 101

Would you like to start your own flock of egg laying hens, or raise meat birds for your family dinner table? Learn about different breeds of poultry, uses, care, and best management practices. Please bring your poultry questions!

Instructor: Emmet Wilde

303 Incorporating Chiropractic Care into Your Equines Treatment Plan for All Life Stages.

Have a horse that seems uncomfortable, stiff on one side, or grumpy when putting on the saddle? In this class Dr. Allen from Northwest Vet Clinic will explain the multiple benefits and uses of Chiropractic Care for your Horse. As well as why it should be performed by a licensed DVM or DC.

Instructor: Dr. Jen Allen



305 Sourdough Bread Baking for Beginners



Flour, water, and salt. These are all you need to bake sourdough bread at home but the process can be confusing for the inexperienced. If you've tried keeping a sourdough culture without success, or if you'd like to try but are concerned about failure, come to this class on the art and science of sourdough. Come see and smell sourdough cultures at

different stages and learn how to keep a thriving culture that will raise tasty bread in your home oven. We'll also learn ways to fit regular bread-baking into your busy life.

Instructor: Carol Frey

306 Fruit Tree Pruning

Learn the proper techniques & strategies for pruning fruit trees from and expert. In order to maximize fruit production and strengthen the tree!

Instructor: Gary Moulton



#307 Asian Giant Hornet in the Pacific Northwest

"Interested in learning more about 'murder hornets' and what you can do to help? Entomologist Dr. Charlie Coslor will be teaching a course on the history and biology of the Asian giant hornet."

Instructor: Charlie Coslor



Sun
11:00 AM

321 Beef Rancher Panel

Farming is trial and error. Season after season of finding your way to success and all the ups and downs on the way. Get priceless information and insight from a fantastic panel of beef growers that can share with you what has worked for them after a lifetime of work. Panelists have decades and multi-generational experience in small to large herds, different methods of production and finishing, and can help you jump start your journey towards raising your own beef. Even if you're not going to produce your own beef just sign up to hear the fascinating wisdom that comes from years of experience. Bring your questions; this is an interactive class!



Instructors: Jim Anderson & Dan Peth

#322 Preparing for Lambing and Kidding

Don't be caught unprepared in an emergency situation during the most important time of the year! Check your inventory for important medicines, prepare a gear bag with critical tools near-at-hand, and assess your infrastructure in the weeks ahead, so you are ready for anything!

Instructor: Michelle Canfield~



323 Noxious Weeds: "The Silent Killer"

Many noxious weeds can be hard to identify, control and can be devastating to established farms and new property owners. Invasive species in Washington State cause 282 million dollars in crop and livestock death loss every year.. We will discuss the various toxic noxious weeds and how to identify, eradicate and mitigate them before they harm your livestock.

Instructor: Joseph Shea

#324 Make Hay When the Sun Doesn't Shine

Farming can be a stressful occupation due to several unique factors. Many stressors are beyond farmers' control and self-care often falls to the bottom of the priority list. This course is designed to provide strategies to keep your body and mind healthy, and your work rewarding when life gets challenging. Although those involved in food and fiber production are the focus, the tools offered here are applicable to anyone.

Instructor: Lori Mercer

325 Home Orchard Pest Control

Learn how to control your fruit pests using organic, conventional, and mechanical means. Timing is most important and with dwarf trees it is possible to almost eliminate pesticides using mechanical control.

Instructor: Gary Moulton

326 Canning 101

Learn the basics of safe canning practices as we explore water bath and pressure canning. Discover how to determine which foods may be safely processed with a boiling water bath, which foods require the use of a pressure canner, and why. This introductory class will cover some important terminology, identify different types of equipment, and ways to access safe, tested recipes for canning.

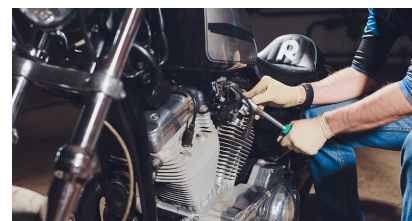
Instructor: Jennie Bryan-Goforth



327 Motorcycle Tune Up.

Learn how to change and clean your air filter, change your oil, maintain and adjust your bike's chain and change out brake pads. Taught by crew chief of local riders.

Instructor: Ken Oliver



Sun
1:00 PM

331 Ducks-Quack it UP!

Ducks are the ultimate homesteading super species! You can manage crops biodynamically with their super power pest control of slugs, snails and other insects. Get delicious eggs that are great for baking and eating. Keep them as comedic and fun pets or have meat for your holiday table. Regardless of your reasons for wanting ducks, this class will walk you through current best practices for care and infrastructure needs, physiology and behavior, breeds and uses, and will help you develop a sustainable flock of your own. So come quack about ducks with us!

Instructor: Emmet Wilde



332 Solar-Powered Portable Water & Electrics for Small Farms

Learn about practical home-built solar-powered water pumping, electric fences and lighting. great for small farms and leased pastures.

Instructor: Brian Faley

333 Managing The 7 Wastes on Your Farm

Borrow a concept from Lean Manufacturing, and master The Seven Wastes on your farm. Analyzing your operation to identify and eliminate "muda" (waste) will improve profitability and reduce the cost of non-quality, as well as cut down your workload and stress!

Instructor: Michelle Canfield

Sun
1:00 PM

**# 334 Valais Blacknose Sheep Breed-up program-
Worlds Cutest new Sheep to arrive in the US!**

Developing a quality Valais Blacknose flock in Washington State. Emphasis on health, quality & temperament. We will also cover modern technology for genetic advancement. Sara has over 40 years of experience raising sheep in PNW.

Instructor: Sara Smith



335 Pickling and Fermentation

Learn all about Fermentation and Pickling! This class will cover fermentation basics for foods like Sauerkraut, and quick pickling process for many different types of vegetable and fruit pickles, using safe and effective methods and recipes.

We will also cover preservation and Storage methods for both fermented quick pickles, and participants will have access to a number of downloadable publications highlighting methods and recipes.



Instructor: Jennie Bryan-Goforth

336 Gardening For Pollinators

The importance of our pollinators is in the news. Pollination of plants is responsible for 1 of every 3 bites of food we consume and is *essential* for our varied diet. Come learn some important ways you can attract and support those that “buzz” in your own garden space.

Instructor: Virgene Link-New

#337 Intro to Landscape Design

This class will focus on design fundamentals to help you improve and design your individual landscape from the ground up. Particular emphasis will be given to: site analysis, exploring how you have used or want to use your landscape or outdoor space, and connecting your home to your outdoor living space and the surrounding environment.

Instructor: David Malda



Sun
3:00 PM

342 Wool Processing

Take the mystery out of processing your own wool- step by step from raw fleece to carded batts or combed top, ready to spin or felt. Discussion of fleece characteristics, demo of all processing steps, and plenty of Q&A time. Fiber sample bags available for the first 20 people to register.

Instructor: Denise Mor

343 From Pig to Pork Chop for Beginning Pig Farmers

Introductory swine production class for new pig farmers. Class will cover pig basics, management, nutrition, and marketing.

Instructor: Sarah Smith



344 Tractor Maintenance

A well-maintained working tractor is the mainstay of many small farms. Learn routine preventative maintenance to keep your tractor starting up on the first turn.

Instructor: Steve VanValkenburg

345 Seed Saving for Home Gardens

People save seed for many different reasons, including the preservation of genetic diversity and cost reduction. We'll learn the basics on what can be saved, best practices, seed processing, and storage options. Instructor is the director of Finney Farm Seed Distro, which has provided free seed to local schools, food banks, and community gardens for a decade. Packages of local, organic, heirloom seed will be made available to all participants.

Instructor: Jennie Bryan-Goforth



346 Common Garden Pest Problems and How to Address Them

Join us for ideas on how to manage many of your common garden issues, as well as landscape and orchard problems. Bring your Gardening issue and questions!

Instructor: Virgene Link-New

347 Introduction to Cooking Spanish Tapas

In this cooking demonstration you will learn how to make several Spanish small dishes for a family meal or party. The class will include a discussion of ingredients, techniques, and how to build variations and additions to the basic dishes

Instructor: David Malda



Heavy Use Areas on your Land



Before – living in the mud

Heavy Use Area (HUA) protection strategies can help you convert your muddy paddocks into blissful living for your horse!



Firm Gravel – Happy Feet

You may be eligible. The Skagit Conservation District can help you apply for cost share funds to available to small farm landowners to offset the cost of implementing some Best Management Practices (BMP).

Create a HEAVY USE AREA and WIN THE WAR ON MUD!

Why Build a Heavy Use Area?

- Improve animal hoof and foot health.
- Reduce feed and veterinary costs.
- Cut your chore time.
- Reduce nutrient runoff from your property.
- Reduce mud that contributes to abscesses, scratches, rain scald, or thrush.
- Keep your pasture healthy!



To learn more about a HUA for your property, contact the Skagit Conservation District at (360) 428-4313 or skagitcd@skagitcd.org for free and personal assistance.



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February

Even though grass begins to grow now, February is a bit early to be grazing. Wait until the grass is at least six inches tall. It's also too cold to seed now. Continue to restrict animals from wet pastures and surface waters. Keep collecting manure daily from confinement areas.

- Test your soil to determine fertility needs for the year.
 - Buy a Soil Sample test kit, available for \$5.00 to \$20.00 from your local nursery or garden store. You can also purchase a soil test from the University of Massachusetts. To learn more, go to www.umass.edu/soiltest.
- Make sure you have portable electric fencing to divide your pasture into smaller paddocks when the fields are ready to be grazed.
- Order plants for windbreaks, buffers, wildlife habitat and restoring streams.

If your manure pile is getting large, contact the Skagit Conservation District's Manure Exchange Program at 360-428-4313 to be added to the manure provider list and connected with a local gardener/landscaper who would like to pick up your manure to improve their soil.

January

- Restrict livestock from wet pastures and surface waters.
- Collect manure daily from confinement areas and store it covered.
- Hang nest boxes now for orchard mason bees and birds, and be sure birds have water available during freezes.
- Check with the District at the end of the month for T-Sum 200 status.

What is T-Sum 200?

T-sum is an indicator of when existing grass will begin to grow in the spring. It is based on each day's high and low temperature, starting on January 1.



Soil temperature mirrors air temperature so instead of putting a thermometer in the ground, you use the "T-sum 200" formula.

Find out more by reading Alan's article in the winter 2010 Nexus on-line at: <http://www.skagitcd.org/newsletters>

March

Begin grazing in March when your grass is at least six inches tall and soil is no longer saturated. If it is saturated, exclude animal traffic on the grass. Introduce horses gradually to grass to prevent laminitis.

Once you start grazing, it's wise to practice rotational grazing, moving animals from one area to the next after they've grazed the grass down to three or four inches. This maximizes the use and production of grass and helps it recover.

- Begin rotational grazing if warranted (if your grass is higher than six inches).
- Plant native trees and shrubs.
- Exclude livestock access to surface water, wells, and septic drain fields.
- Cut or mow weeds when buds appear.
- Continue to exclude animals from wet pastures and surface waters. Keep collecting manure daily from confinement areas.
- Get a manure test before applying.
- Review your farm plan for fertilizer and lime needs for the upcoming season.

Skagit Conservation District can work with you free of charge to develop a farm plan! For more information, go to: http://www.skagitcd.org/small_farm



April

If you are planning to reseed or broadcast seed over an established pasture, try to do it around April 1st, and no later than mid-April. New seedlings will need moisture to sustain them. Planting in May could require irrigation to keep the grass viable, depending on precipitation. If you're tilling up an old pasture stand, now is a good time to spread lime and till it into the soil.

- April 1st, clip weeds and tall grasses, harrow manure.
 - Reseed or overseed pastures if needed.
 - Reseed confinement areas.
 - Pull emerging weeds.
 - Begin rotational grazing of pastures, if soil and weather conditions allow.
- April 15th, apply 35% of total amount of fertilizer recommended by soil tests.
- Apply fertilizer or spread compost if soil isn't saturated.

TIP: It's best to keep livestock off a newly seeded pasture until fall or next spring. Use the "pull test" to determine if grass is ready to graze. If the grass blade breaks rather than pulling up the roots, you can start grazing. Be sure not to graze new seedlings too frequently, and don't let them get below four inches tall.

Benefits of Rotational Grazing

Do You Have Problems With.....

- Low pasture yields
- Low quality pasture
- Weeds... everywhere
- Poor livestock condition
- Supplementing hay in summer pastures?
- Large bare spots in the pasture
- Numerous livestock paths across the pasture

Rotational Grazing Can Help With:

- Increased pasture yields
- Better quality pastures
- Carrying more animals on the same acreage
- Feeding with less hay
- Better distribution of manure nutrients throughout the pasture
- Healthier livestock
- Improved income!
- Weed control



Creating A Confinement Area

A confinement area is an area surfaced with durable footing like gravel that is used to contain animals and keep them off pasture from fall through early spring (October through March). During the rainy months, soils become soggy and easily compacted by the weight of livestock. This causes plant roots to suffocate and reduces the soil's capacity for holding water.

Keeping livestock off pastures during the wet winter months will keep grass healthy and prevent mud.



May- Watch that grass grow!

- May 1st, clip weeds and tall grasses, harrow (drag) manure in grazed pastures after moving livestock to new one.
- Rotate animals off pastures when grass height is down to three inches.
- Mow pastures after grazing to ensure all plants are three inches tall and to prevent weeds from going to seed.
- Don't allow the livestock back on pasture until grass is six inches tall.
- Apply up to 40% of annual compost or commercial fertilizer needs if there is no forecast for rain.



Why Harrow?

A harrow is an implement for spreading manure to renovate pastures by breaking up and leveling heavy soil. Applying manure back to pastures creates a natural nutrient cycle; one horse's manure represents about \$150 in fertilizer value/year. Use of a harrow can help to remove dead grass and lightly rooted weeds. You can make your own harrow by using an old chain link fence and cinder blocks!

Store Bought



DIY Harrow



June

- Avoid under-grazing - don't allow grass to "get ahead of livestock".
- Mow pastures to prevent them from going to seed and losing nutritional value, or set aside some pasture to grow hay.
- Continue weed pulling or treatment, mowing, and dragging.

Grazing Management Produces More Grass!



Continuous grazing allows weeds to grow where grass roots have been weakened. A less dense leaf canopy allows sunlight to reach invading weeds.

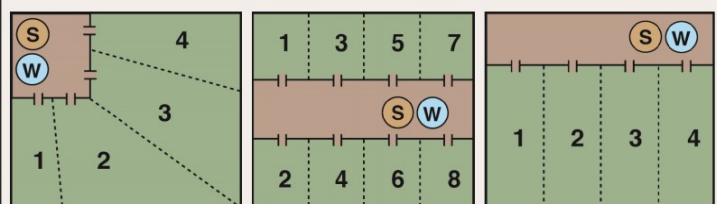
Pasture rotation and good grazing management produces more grass, fewer weeds, and a minimum of bare ground.

Tips on Rotational Grazing

- Subdivide large pastures into smaller pastures and develop a rotation grazing system.
- Move livestock out of pasture when grass is 3 to 4 inches. Grazing below that will damage root health and reduce leaf growth.
- Allow long rest periods or use a high-intensity, short-duration grazing system to rejuvenate poor-condition pasture.
- Provide a water source that is accessible from each pasture.
- Irrigate each pasture immediately after grazing to get plants growing again. Do not graze on wet soils.
- Plan for about 1 acre per 1000lb livestock.
- Generally 20-30 days are needed to rest pastures during rapid growth periods and 40 or more days during slow growth periods.

Number of Pasture Fields	Grazing Days per Field
2	20 - 40
3	10 - 20
4	7 - 13
5	5 - 10

Sample Designs for Multiple Pasture Grazing



■ Pasture

■ Corral

|| Gate

W Water in corral

S Shelter in corral

---- Pasture Fence

July

July and August are generally dry months, when grass is dormant. Don't let animals graze grass below three inches in height. If your pasture is small, take your animals off entirely until the grass begins to grow in September.

- Continue to rotate, drag, and clip pastures.
- Check for erosion where livestock congregate. Move feed, water and mineral blocks away from gates and shade to more evenly distribute your animals.
- Repair or construct winter confinement area and footings.
- Stay vigilant on weed control. It's imperative to keep weeds from going to seed. Pull tansy, wearing gloves for protection.
- Purchase additional feed (hay) now.

August

- August 1st, continue to clip weeds and tall grasses, harrow manure in grazed pastures after moving livestock.
- Repair or construct manure storage bins.
- Do not feed animals hay or grain on the ground when the soil is dry (they will create bare spots where weeds can invade; horses can get sand colic from ingesting dirt in their feed).
- Avoid overgrazing as grass growth slows. Plan to reseed-order seed, lime and fertilizer and reserve equipment now (remember, total renovations should be done only as a last resort when pastures are unproductive or unhealthy for your animals).
- Purchase additional feed (hay) now.
- August 15th, apply remaining 25% of annual fertilizer needs.

Weed Control

- Weeds thrive when there are bare spots and grasses aren't healthy enough to compete.
- It is important to be able to identify common pasture weeds and remove them when they first appear. This includes:



Buttercup



Tansy Ragwort



Bull Thistle



Scotch Broom

Late August/September

- Spread composted manure and seed new grass or broadcast seed over established grass.
- Spread seed just before predictions of a light rain. *You have until about October 15th to seed before the soil becomes too cold and daylight too short for seeds to germinate.*
- Add lime as recommended by results from your soil test analysis to increase the pH of your soil. You can lime any time of year but fall is the best time. Lime takes time to react with soil chemistry. If you haven't already, apply the remaining fertilizer for the year.
- Install or check existing gutters, downspouts, and outlets adjacent to livestock pens. Clean gutters.
- Purchase additional hay if you haven't yet. Make sure your sacrifice areas are ready for your animals. Order footing material before paddocks get muddy.

October

The rain begins! It's time for livestock to be removed from the pasture. This rest also gives lime time to alter the soil while the pasture is not in use.

- Restrict livestock from pastures when soil is saturated.
- Prevent manure nutrient run-off into groundwater with buffers and grass filter strips around animal areas (size of buffer will vary).
- Store manure covered and at least 100 feet from any well to prevent contamination.

November

- Continue to keep animals off pastures when saturated.
- Make sure manure stays covered- have extra tarps handy if necessary.
- Use fallen limbs and branches from winter storms to create brush piles for wildlife.
- Keep water troughs/tanks from freezing (clear ice if needed).

December

Prepare for winter storms and the damage they can cause. Do you have all you need to keep your family and your animals fed and warm? Stock up on batteries, feed, supplements, pet food, and anything else you may need if you can't get into town for a couple of days. Make sure propane, diesel and gas tanks are full. Is the chain saw ready in case a winter storm causes tree or limb damage?

- Continue to restrict livestock from pastures when soil is saturated.
- Protect wetlands from livestock access to prevent damage to wetland functions and habitat.
- Store manure covered.
- Make sure birds and other wildlife have access to water during freezing weather.



Why Manage Livestock Manure

- Manure problems create an unhealthy environment for horses and livestock. Poor health may mean more vet bills and increased feed bills.
- Internal parasites hatch from manure as often as every 3 days and can reinfest animals as soon as 24 hours after. Use a good deworming program. If manure is properly composted, the heat generated (ca. 140°F) can kill parasites, worm eggs and weed seeds.
- Nutrient runoff from manure can have a negative impact on surface water, groundwater, and drinking water sources.

Managing and Using Manure

- Collect raw manure and stall waste from stalls, paddocks and barnyard areas every 1 to 3 days.
- Store manure in a covered area. A roof or tarp over your manure pile will prevent rain from leaching away valuable nutrients and control moisture for ideal composting conditions.
- Store manure in a location that makes it easy for equipment to turn, haul and load compost or non-composted manure.
- If you want to *compost your manure*, begin by building a bin or pile of manure and stall waste at least 3'x3'x3', and place the bin or pile where surface water flow cannot reach it.
 - Keep the pile as damp as a wrung out sponge.
 - Add air to pile by turning by hand or with a tractor.
 - When pile gets as big as you want, start a second pile to allow the first to continue composting.





Farming Can Be Stressful.

“Just as cattle feed should have optimal levels of protein, carbohydrates, sodium and zinc, farmers must allow adequate time for sleep, recreation and social interaction to function at their best.”

– Michael Rosmann, PhD

Signs to look for when agriculture-related stress has begun to affect you or someone you know:

- Lack of energy/motivation to do usual tasks
- Loss of interest in favorite activities
- Increase in accidents on the farm
- Alcohol and/or substance abuse/addiction
- Relational tension
- Withdrawal from others
- Thoughts of hurting oneself
- Care of livestock declines
- Appearance of farmstead declines
- Children show signs of stress

You are not alone. There are others who can relate, and more importantly, who can help if you're having trouble coping.

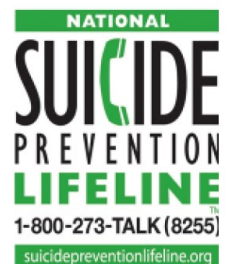
Free & Confidential Resources

Farm Aid Resource Line:

1-800-FARM-AID (327-6243)

National Suicide Prevention Lifeline:

1-800-273-8255



For more resources, go to: www.farmstress.us

*Content adapted from Robert J. Fetsch, Extension Specialist & Professor Emeritus, Department of Human Development & Family Studies, Colorado State University, Fort Collins, CO 80523-1570. WSU Extension programs and employment are available to all without discrimination. Evidence on noncompliance may be reported through your local WSU Extension Office.