

Family Sustainability Stay: List of Activities and Lessons

Dear Family,

Below is a list of activities and lessons. Please look it over and choose about six things that you would most like to do. When you get back to us please specify who is interested in each activity. For example would we do a knife sharpening lesson with the whole family or just with Mom? Of course, every week of every season is different. There will be different foods available and different projects on hand. Just tell us what you most want to learn and we will help create a realistic itinerary. Our goal is that you learn what you need, in order for your family to continue on its own creative journey.

Activities for adults (and/or kids!):

- Solar Food Dehydration: make fruit leather or dry fruit
- Preservation with lacto-fermentation: make sauerkraut, kimchi, dilly beans, or fermented pickles
- Acorn Processing: grind and leach acorn flour, bake acorn bread
- Rocket Stove Construction: make your own rocket stove for camping or home use
- Mowing with a Scythe: experience the rhythm and grace of mowing by hand and learn about sharpening the scythe blade
- Baking with a sourdough starter
- Making yogurt
- Tool Sharpening: learn basic principles of sharpening edge tools. Bring your own kitchen or carving knife to practice on
- Edible and Medicinal Plant Walk: learn to identify, harvest and use wild food and medicine
- Tree Identification Walk: learn who is who in our forest and some of their many uses
- Spoon Carving: make your own wooden spoon to take home
- Basket Making: make a small basket from ash splints, roots or birch-bark
- Leather Work: sew a small pouch/wallet out of hand-tanned buckskin
- Composting: build a compost pile from start to finish, learn the basics for getting a pile hot
- Composting Toilets: build your own simple composting toilet to take home, and learn the do's and don'ts of composting humnaure
- Chicken Slaughter: slaughter, process, and cook a chicken
- Rabbit Slaughter: slaughter, process, and cook a rabbit
- Orienteering: map and compass use/ bushwack adventure
- Carve a wooden spatula or spear with a drawknife and shave-horse: (Parents often delight in the spatula and even a very young child [4yrs old] can make a great spear)

Activities for Kids (and/or Adults!):

- Make a simple bow and arrow
- Carving time with drawknife and shave-horse (With parental permission, swords and spears are popular carving projects!)

- Making fire with friction
- Cooking bread on a stick
- Make string from natural fibers
- Make birch-bark napkin holders
- Make corn husk dolls
- Make porcupine quill necklace

We are honored to share what we know, and excited to learn what you have to share!