

CUMBERLAND COUNTY COOPERATIVE EXTENSION

# BETTER LIVING SERIES



In-person workshops • Limited class sizes • Registration via Eventbrite

FEBRUARY SERIES: Bees are Amazing	Fee	Date	Time
The Fascinating World of Honey Bees	\$5.00	Wednesday, February 8, 2023	12 p.m. - 2 p.m.
Cooking with Honey	\$12.00	Wednesday, February 15, 2023	12 p.m. - 2 p.m.
Minding Your Beeswax	\$12.00	Wednesday, February 22, 2023	12 p.m. - 2 p.m.
<b>MARCH SERIES: Asian Tranquility</b>			
Asian Cooking	\$12.00	Wednesday, March 15, 2023	12 p.m. - 2 p.m.
Zen Garden Design	\$7.00	Wednesday, March 22, 2023	12 p.m. - 2 p.m.
Curious About Bonsai	\$10.00	Tuesday, March 28, 2023	12 p.m. - 2 p.m.
<b>APRIL SERIES: Gardening Basics</b>			
Vegetable Gardening 101	\$10.00	Wednesday, April 12, 2023	12 p.m. - 2 p.m.
Flower Power	\$12.00	Wednesday, April 19, 2023	12 p.m. - 2 p.m.
Garden Triage: Managing Garden Pests and Disease	\$10.00	Wednesday, April 26, 2023	12 p.m. - 2 p.m.
<b>MAY SERIES: Canning Basics</b>			
Canning 101	\$5.00	Wednesday, May 3, 2023	12 p.m. - 1:30 p.m.
Water Bath Canning	\$12.00	Wednesday, May 17, 2023	12 p.m. - 2 p.m.
Pressure Canning	\$12.00	Wednesday, May 24, 2023	12 p.m. - 2 p.m.
<b>JUNE SERIES: Herbs</b>			
Herb Gardening	\$10.00	Wednesday, June 7, 2023	12 p.m. - 2 p.m.
Lavender Lunch & Learn	\$25.00	Thursday, June 15, 2023	9 a.m. - 4 p.m.
Cooking with Herbs	\$12.00	Wednesday, June 21, 2023	12 p.m. - 2 p.m.
<b>JULY SERIES: Blueberries</b>			
Blueberries Tour	\$10.00	Wednesday, July 5, 2023	9 a.m. - 12 p.m.
Growing Blueberries	\$20.00	Wednesday, July 12, 2023	12 p.m. - 2 p.m.
Cooking with Blueberries	\$12.00	Wednesday, July 19, 2023	12 p.m. - 2 p.m.
<b>AUGUST SERIES: Dairy Delights</b>			
Dairy Farm Tour	\$15.00	Wednesday, August 2, 2023	8:30 a.m. - 3:30 p.m.
Making Cheese	\$12.00	Wednesday, August 9, 2023	12 p.m. - 2 p.m.
Making Yogurt	\$12.00	Wednesday, August 23, 2023	12 p.m. - 2 p.m.
<b>OCTOBER SERIES: The Great Pumpkin</b>			
Growing the "Great" Pumpkin	\$10.00	Wednesday, October 4, 2023	12 p.m. - 2 p.m.
Pumpkin Etching	\$15.00	Wednesday, October 11, 2023	12 p.m. - 2 p.m.
Cooking with Pumpkin	\$12.00	Wednesday, October 25, 2023	12 p.m. - 2 p.m.
<b>NOVEMBER SERIES: Home for the Holidays</b>			
Ederville Tractor Tour	\$25.00	Friday, November 3, 2023	8:30 a.m. - 3 p.m.
Holiday Hand Pies	\$12.00	Wednesday, November 8, 2023	12 p.m. - 2 p.m.
Homewood Nursery Poinsettia Tour	\$12.00	Wednesday, November 29, 2023	9 a.m. - 3 p.m.

**Cumberland County Center**  
301 E Mountain Drive, Fayetteville, NC 28306



## FEBRUARY BETTER LIVING SERIES: Bees are Amazing

### The Fascinating World of Honey Bees

Wednesday, February 8 from 12 p.m. - 2 p.m.

Beekeeping is a fun pastime that provides numerous benefits. The basics of beekeeping will be covered, with a focus on getting started. **\$5 fee**

### Cooking with Honey

Wednesday, February 15 from 12 p.m. - 2 p.m.

Limited class size

Honey is a natural food that can be used in many different dishes. During this class, we will prepare a two course meal using honey as an ingredient in each dish.

**\$12 fee due by Feb. 10**

### Minding Your Beeswax

Wednesday, February 22 from 12 p.m. - 2 p.m.

Limited class size

Learn how to make a variety of beautiful all natural candles from beeswax. Beeswax has been used for centuries to make candles for the home. Participants will make a candle to keep. **\$12 fee due by Feb. 17**

## MARCH BETTER LIVING SERIES: Asian Tranquility

### Asian Cooking

Wednesday, March 15 from 12 p.m. - 2 p.m.

Limited class size

This class will explore how to incorporate tasty Asian dishes at home. During this class, participants will prepare classic Asian cuisine and fusion-inspired fare.

**\$12 fee due by March 10**

### Zen Garden Design

Wednesday, March 22 from 12 p.m. - 2 p.m.

Learn to plan, plant and maintain a portion of your landscape for the purpose of relaxing and quiet. Zen gardens use sight, sound and symbolism to connect you to the landscape. **\$7 fee due by March 17**

### Curious About Bonsai?

Tuesday, March 28 from 12 p.m. - 2 p.m.

Triangle Bonsai Society will be giving an introductory workshop on the style and care of these beautiful junipers. Come learn about the maintenance and basics of bonsai design. **\$10 fee due by March 24**

## APRIL BETTER LIVING SERIES: Gardening Basics

### Vegetable Gardening 101

Wednesday, April 12 from 12 p.m. - 2 p.m.

Whether you want a few plants on the patio or a large backyard garden, this class will show you how to produce homegrown vegetables all summer long. Participants will receive seeds and plants to start their own garden. **\$10 fee due by April 7**

### Flower Power

Wednesday, April 19 from 12 p.m. - 2 p.m.

Flowers in the landscape not only add beauty to your home, but help to provide food for pollinators and birds. Learn to start, grow and maintain beautiful flowers this year. Participants will leave with seeds and plants to start their own flower gardens.

**\$12 fee due by April 14**

### Garden Triage: Managing Garden Pests and Disease

Wednesday, April 26 from 12 p.m. - 2 p.m.

Learn about the potential pest and disease issues in growing a vegetable garden, including the proper management of pests and use of pesticide application equipment. **\$10 fee due by April 21**

## MAY BETTER LIVING SERIES: Canning Basics

### Canning 101

Wednesday, May 3 from 12 p.m. - 1:30 p.m.

Limited class size

An overview of the basic methods of canning. Learn about equipment requirements and best methods for particular foods. **\$5 fee due by April 28**

### Water Bath Canning

Prerequisite: Canning Overview class on 5/3/2023

Wednesday, May 17 from 12 p.m. - 2 p.m.

Limited class size

Learn how easy it is to safely can high acid foods in this hands-on class.

**\$12 fee due by May 12**

### Pressure Canning

Prerequisite: Canning Overview class on 5/3/2023

Wednesday, May 24 from 12 p.m. - 2 p.m.

Limited class size

Learn the steps to safely and confidently pressure can low acid foods in this hands-on class. Includes a free pressure canner dial gauge test. Bring your canner lid for testing. **\$12 fee due by May 19**

## JUNE BETTER LIVING SERIES: Herbs

### Herb Gardening

Wednesday, June 7 from 12 p.m. - 2 p.m.

Learn how to grow fresh herbs in small spaces. You will also learn how to process, dry and store herbs to have for year round cooking. Students will leave with materials to start their own herb garden. **\$10 fee**

### Lavender Lunch & Learn

Thursday, June 15 Departure 9 a.m. - Return 4 p.m.

Tour will include a visit to Lavender Oaks Farm in Chapel Hill. Participants will receive instruction on growing lavender in NC, history of the farm, visit the lavender fields for U-Pick fun, and a delicious culinary Lavender Inspired Lunch. With 9 varieties and 4,000 lavender plants...be prepared to be amazed! We will depart the Extension office at 9 a.m. and return at 4 p.m. **\$25 fee due by June 12**

### Cooking with Herbs

Wednesday, June 21 from 12 p.m. - 2 p.m.

Limited class size

Come learn how to maximize herbs and spices in the cooking process. Participants will season and taste focaccia dough or bread with herbs. **\$12 fee due by June 16**

## JULY BETTER LIVING SERIES: Blueberries

### Blueberries Tour

Wednesday, July 5 from 9 a.m. - 12 p.m.

Blueberries are native to our area and locally-grown. Come visit one of our local blueberry farms, see how they are grown and pick yourself some fresh berries. **\$10 fee due by June 30**

### Growing Blueberries

Wednesday, July 12 from 12 p.m. - 2 p.m.

Learn how to grow, prune, propagate and harvest your own homegrown blueberries. Participants will leave with two small blueberry bushes.

**\$20 fee due by July 7**

### Cooking with Blueberries

Wednesday, July 19 from 12 p.m. - 2 p.m.

Class size limited to 12

For more than 70 years North Carolina's blueberries have been a favorite in the American diet. Come and learn ways to enjoy those tasty berries.

**\$12 fee due by July 14**

## AUGUST BETTER LIVING SERIES: Dairy Delights

### Dairy Farm Tour

Wednesday, August 2 from 8:30 a.m. - 3:30 p.m.

Limited class size

Join us as we travel to the Randleigh Dairy Heritage Museum and get a unique agritourism experience learning how milk gets from the farm to the table while enjoying some NC State Howling Cow Ice Cream. Prior to heading home, we will drop by the Farmers Market for lunch (on your own) and take a stroll through all the bounties of goodness grown in NC. **\$15 fee due by July 28**

### Making Cheese

Wednesday, August 9 from 12 p.m. - 2 p.m.

Limited class size

Have you ever made cheese? Come learn how to make Mozzarella cheese using a handful of ingredients. **\$12 fee due by Aug. 5**

### Making Yogurt

Wednesday, August 23 from 12 p.m. - 2 p.m.

Limited class size

Come learn how to make simple and healthy yogurt at home using a few ingredients. **\$12 fee due by July 28**

## OCTOBER BETTER LIVING SERIES: The Great Pumpkin

### Growing the "Great" Pumpkin

Wednesday, October 4 from 12 p.m. - 2 p.m.

Learn how to grow large, prize-winning pumpkins. Information includes proper pumpkin variety selection, fertilizer requirements and pest management. Each participant will receive a packet of pumpkin seed. **\$10 fee due by Sept. 29**

### Pumpkin Etching

Wednesday, October 11 from 12 p.m. - 2 p.m.

Limited class size

The grinning jack-o-lantern has graced our front porches for years, heralding in fall and Halloween. Come and learn how to put a twist on this tradition with pumpkin etching. Each participant will leave with their unique pumpkin. **\$15 fee due by Oct. 6**

### Cooking with Pumpkin

Wednesday, October 25 from 12 p.m. - 2 p.m.

Limited class size

Tis the season for pumpkins! Come and learn how to make the most of your pumpkins. Participants will learn how to make puree, bread and a tasty snack.

**\$12 fee due by Oct. 20**

## NOVEMBER BETTER LIVING SERIES: Home for the Holidays

### Ederville Tractor Tour

Friday, November 3 from 8:30 a.m. - 3 p.m.

Limited class size

Located in Carthage, Ederville is home to one of the largest collections of antique farming equipment and tractors on the east coast. Join us as we step back in time and see how agricultural technology has progressed. Lunch is on your own, food vendors will be on site.

**\$25 fee due by Oct. 27**

### Holiday Hand Pies

Wednesday, November 8 from 12 p.m. - 2 p.m.

Limited class size

It's that time of the year when we get to make all those holiday treats that our family and friends enjoy! This class will be FILLED with lots of fun as participants learn to make a variety of hand pies to taste and take home for the holidays.

**\$12 fee due by Nov. 3**

### Homewood Nursery Poinsettia Tour

Wednesday, November 29 from 9 a.m. - 3 p.m.

Limited class size

Join us as we tour one of the largest retail producers of poinsettias in North Carolina. Homewood Nursery produces over 30,000 poinsettias and does extensive variety trials for the poinsettia industry. Lunch is on your own. **\$12 fee due by Nov. 24**



### Registration

- Registration will be through Eventbrite
- No refunds unless the workshop is canceled by cooperative extension staff

### Registration Assistance - Additional Information

Contact Susan Johnson

- 910-321-6405
- susan\_johnson@ncsu.edu

**Refunds only if workshop is canceled by Cooperative Extension Staff.**