

# BETTER LIVING SERIES

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

Month	Fee	Date	Time
<b>FEBRUARY</b>			
Sourdough 101	\$12.00	Wednesday, February 7, 2024	12 p.m. - 2 p.m.
Insects: Good Guy/Bad Guy	\$5.00	Wednesday, February 21, 2024	12 p.m. - 2 p.m.
<b>MARCH</b>			
Meatless Meals: Make Vegetables Come Alive	\$15.00	Wednesday, March 6, 2024	12 p.m. - 2 p.m.
Vegetable Gardening	\$10.00	Monday, March 11, 2024	1 p.m. - 2:30 p.m.
	\$10.00	Tuesday, March 12, 2024	12 p.m. - 1:30 p.m.
	\$10.00	Tuesday, March 12, 2024	6:30 p.m. - 8 p.m.
<b>APRIL</b>			
Small Space Gardening	\$15.00	Wednesday, April 17, 2024	12 p.m. - 1:30 p.m.
Growing Organically for the Home Garden & Landscape	\$10.00	Wednesday, April 24, 2024	12 p.m. - 1:30 p.m.
	\$10.00	Wednesday, April 24, 2024	6:30 p.m. - 8 p.m.
<b>MAY</b>			
Water Bath Canning 101	\$12.00	Wednesday, May 8, 2024	12 p.m. - 2 p.m.
Home Muscadine Production and Care	\$15.00	Wednesday, May 15, 2023	12 p.m. - 1:30 p.m.
	\$15.00	Wednesday, May 15, 2023	6:30 p.m. - 8 p.m.
<b>JUNE</b>			
Figs for the Home Landscape	\$12.00	Wednesday, June 5, 2024	12 p.m. - 1:30 p.m.
	\$12.00	Wednesday, June 5, 2024	6:30 p.m. - 8 p.m.
Safe Pressure Canning 101	\$12.00	Wednesday, June 12, 2024	12 p.m. - 2 p.m.
<b>JULY</b>			
Cooking with Lemon	\$15.00	Wednesday, July 17, 2024	12 p.m. - 2 p.m.
Grow Your Own Lemons & Limes	\$15.00	Wednesday, July 24, 2024	12 p.m. - 1:30 p.m.
	\$15.00	Wednesday, July 24, 2024	6:30 p.m. - 8 p.m.
<b>AUGUST</b>			
Everyday Mediterranean Cooking	\$15.00	Wednesday, August 7, 2024	12 p.m. - 1:30 p.m.
Composting for Beginners	\$10.00	Wednesday, August 21, 2024	12 p.m. - 1:30 p.m.
	\$10.00	Wednesday, August 21, 2024	6:30 p.m. - 8 p.m.
<b>SEPTEMBER</b>			
Hydroponic Gardening	\$10.00	Wednesday, September 11, 2024	12 p.m. - 2 p.m.
Moss Gardening	\$12.00	Wednesday, September 18, 2024	12 p.m. - 1:30 p.m.
<b>OCTOBER</b>			
Growing Onions & Garlic in the Home Garden	\$10.00	Wednesday, October 2, 2024	12 p.m. - 1:30 p.m.
Cooking Class: Cooking with Onions & Garlic	\$15.00	Wednesday, October 9, 2024	12 p.m. - 2 p.m.
Millstone Creek Orchard Educational Tour	\$15.00	Wednesday, October 16, 2024	11 a.m. - 4:30 p.m.
<b>NOVEMBER</b>			
Christmas Tree Farm Tour	\$5.00	Wednesday, November 6, 2024	9 a.m. - 2 p.m.
Goat Farm Tour	\$25.00	Wednesday, November 13, 2024	9 a.m. - 1 p.m.

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



## February

### Sourdough 101

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

Limited class size

Want to learn about sourdough, but don't know where to begin? In this beginner's class, participants will be taught how to make their own starter, measure by weight, and make a simple bread. Bring a clean glass jar with a lid (pint or quart) for your starter. **\$12 fee due by February 2.**

### Insect Class - Good Guy/Bad Guy

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

Limited class size

Come discover how to identify the visitors in your yard and garden. Learn the difference between pests and beneficials while participating in fun and interactive activities. **\$5 fee due February 16.**

## March

### Meatless Meals - Make Vegetables Come Alive

Wednesday, March 6 from 12 p.m. - 2 p.m.

Limited class size

Are you working toward a healthy vegetarian diet? Do you include meatless options into your rotation of meals? Come join this "Veggie-licious" hands-on cooking class! Participants will prepare a three-course vegetarian meal using easy to find ingredients. **\$15 fee due by March 1.**

### Vegetable Gardening

Monday, March 11 from 1 p.m. - 2:30 p.m.

Limited class size

Tuesday, March 12 from 12 p.m. - 1:30 p.m.

Limited class size

Tuesday, March 12 from 6:30 p.m. - 8 p.m.

Limited class size

Whether you are a beginning or seasoned gardener, come learn helpful tips on how to produce tasty veggies in your garden all summer long. Attendees will leave with seeds and starter plants for their home gardens. **\$10 fee due by March 8.**

## April

### Small Space Gardening

Wednesday, April 17 from 12 p.m. - 1:30 p.m.

Limited class size

Don't think you have enough space to grow a vegetable garden, think again. Learn the various methods of growing vegetables in limited space. Includes constructing a small raised bed structure that can be taken home and used to do small-scale gardening. **\$15 due by April 12.**

### Growing Organically for the Home Garden and Landscape

Wednesday, April 24 from 12 p.m. - 1:30 p.m.

Limited class size

Wednesday, April 24 from 6:30 p.m. - 8 p.m.

Limited class size

Learn techniques to grow delicious foods and beautiful landscapes through more organic methods. Topics include soil improvement, proper plant selection, organic pest control and more. **\$10 fee due by April 19.**

## May

### Water Bath Canning 101

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

Limited class size

Want to learn how to preserve tomatoes and other high acid foods? Participate in this hands-on class where participants will learn how easy it is to safely can high acid foods using the water bath canning method. **\$12 fee due by May 3.**

### Home Muscadine Production and Care

Wednesday, May 15 from 12 p.m. - 1:30 p.m.

Limited class size

Wednesday, May 15 from 6:30 p.m. - 8 p.m.

Limited class size

Muscadines are a sweet southern delicacy that can be grown in the home garden. Learn how to plant, trellis and produce muscadines in large or small spaces. Participants will receive a muscadine for planting at home. **\$15 fee due by May 10.**

## June

### Figs for the Home Landscape

Wednesday, June 5 from 12 p.m. - 1:30 p.m.

Limited class size

Wednesday, June 5 from 6:30 p.m. - 8 p.m.

Limited class size

Figs are a summertime treat many gardeners overlook. They can be eaten fresh, canned or used to make delicious jams. Learn to grow and harvest homegrown figs in containers or in the ground. Participants will receive a small fig tree for home planting. **\$12 fee due by May 31.**

### Safe Pressure Canning 101

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

Limited class size

This class will cover the basics of pressure canning. Whether you are a beginner or have canned before and want to learn more up-to-date recommendations, you will enjoy this hands-on canning class. Learn the steps to safely and confidently pressure can low acid foods in this hands-on class. **\$12 fee due by June 7.**

## July

### Cooking with Lemon

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

Limited class size

A twist of lemon could add some "zest" to your next recipe. In this hands-on cooking class, participants will prepare healthy lemon infused dishes like: Ricotta Bruschetta, Chicken Piccata, and Lemon Bars. **\$15 fee due by July 12.**

### Grow Your Own Lemons & Limes

Wednesday, July 24 from 12 p.m. - 1:30 p.m.

Limited class size

Wednesday, July 24 from 6:30 p.m. - 8 p.m.

Limited class size

Citrus trees add beauty, fragrance, and fruit to your container home landscapes. Learn how to grow, overwinter, and harvest citrus fruits at home. Participants will leave with a small lemon tree for home planting. **\$15 fee due by July 19.**

## August

### Everyday Mediterranean Cooking

Wednesday, August 7 from 12 p.m. - 1:30 p.m.

Limited class size

It's easy to get into a cooking rut where you feel like you're preparing the same dishes each week. Why not try something new? Introducing Mediterranean dishes can be both healthy and fun! Try new flavor combos that are family-friendly as we prepare a salad, main dish, and dessert. **\$15 fee due by August 2.**

### Composting for Beginners

Wednesday, August 21 from 12 p.m. - 1:30 p.m.

Limited class size

Wednesday, August 21 from 6:30 p.m. - 8 p.m.

Limited class size

Come learn how to take your home trash and turn it into your garden treasure. Composting is an important skill for the home gardener. This class will be geared toward the novice composter. **\$10 fee due by August 16.**

## September

### Hydroponic Gardening

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

Limited class size

Have you ever wanted to grow lettuce or other crops without soil? Join us for ways to set up your own hydroponic growing system (producing plants in water, without soil). This class is geared for the beginning hobbyist. Participants will leave with their very own microgreens tray to get started. **\$10 fee due by September 6.**

### Moss Gardening

Wednesday, September 18 from 12 p.m. - 1:30 p.m.

Limited class size

Interested in learning about moss gardening? Create your own personal moss masterpiece with this special hands-on workshop. Join us as we demonstrate how to create these amazing gardens! You will walk away with a beautiful moss garden you've made yourself. **\$12 fee due by September 13.**

## October

### Growing Onions & Garlic in the Home Garden

Wednesday, October 2 from 12 p.m. - 1:30 p.m.

Limited class size

Onions and garlic are some of the most beloved items in a cook's recipe. These kitchen staples can be grown successfully in the home garden. Learn the tricks and tips to growing your own garlic and onions this fall and spring. Participants will leave with starter bulbs for their home gardens. **\$10 fee due by September 27.**

### Cooking with Onions and Garlic

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

Limited class size

Come and learn how to make a great meal wrapped in a fluffy, sweet, steamed bun. In this hands-on cooking class, participants will learn how to make two types of steamed buns: Chinese and Filipino. One stuffed with Chinese BBQ, onions and garlic and the second stuffed with greens and hard boiled egg. **\$15 fee due by October 4.**

### Millstone Creek Orchard Educational Tour

Wednesday, October 16 from 11 a.m. - 4:30 p.m.

Limited tour size

Come and enjoy the fall while taking a 90-minute tour of the Millstone Creek Orchard in Ramseur, NC. The tour consists of apple education, apple tasting, apple cider pressing demonstration, orchard hayride, apples to take home, and enjoy an apple cider slushie. Please eat lunch prior to leaving. Snacks will be provided. Wear comfortable shoes. **\$15 fee due by October 11.**

## November

### Christmas Tree Farm Tour

Wednesday, November 6 from 9 a.m. - 2 p.m.

Limited tour size

Have you ever wondered what it takes to get an extravagant Christmas tree in your living room or how a beautiful wreath is made to hang on your door? Come with us as we visit North Lake Tree Farm in Johnston County. During this tour you will learn the ins and outs of Christmas tree production and how those beautiful wreaths are made. Lunch will be on your own at a local restaurant. **\$5 fee due by November 1.**

### Goat Farm Tour

Wednesday, November 13 from 9 a.m. - 1 p.m.

Limited tour size

Are you interested in learning how goat cheese, goat milk, and lotions are made? How about meeting the girls who produce the milk? Join us on a tour of Ithika Acres Creamery where you will get to sample different cheeses, learn about the cheese, lotion, and soap making process, and even milk a goat! Participants will go home with a lotion and will have the opportunity to visit the farm store. Snacks and water will be provided. Wear closed-toe comfortable shoes that can get dirty. **\$25 fee due by November 8.**



## 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