

BETTER LIVING SERIES

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

Month	Fee	Date	Time
FEBRUARY			
Knead to Know: Types of Flour	\$12.00	Tuesday, February 11, 2025	12 p.m. - 1:30 p.m.
Kids in the Kitchen	\$18.00 per Adult Kids are FREE	Tuesday, February 18, 2025	12 p.m. - 1:30 p.m.
MARCH			
All About Hummingbirds	\$10.00	Tuesday, March 4, 2025	12 p.m. - 1:30 p.m.
Rooted in Tradition: Growing Heirloom Summer Vegetables	\$12.00	Tuesday, March 11, 2025	12 p.m. - 1:30 p.m.
	\$12.00	Tuesday, March 11, 2025	6:30 p.m. - 8 p.m.
APRIL			
Water Bath Canning 101	\$12.00	Tuesday, April 1, 2025	12 p.m. - 1:30 p.m.
Berry Best Practices for Home Blackberries	\$12.00	Tuesday, April 15, 2025	12 p.m. - 1:30 p.m.
	\$12.00	Tuesday, April 15, 2025	6:30 p.m. - 8 p.m.
MAY			
Lovely Lavender	\$12.00	Tuesday, May 6, 2025	12 p.m. - 1:30 p.m.
	\$12.00	Tuesday, May 6, 2025	6:30 p.m. - 8 p.m.
Pressure Canning	\$12.00	Tuesday, May 13, 2025	12 p.m. - 2 p.m.
JUNE			
Rolling Out Some Fun (Egg Roll/Lumpia Roll)	\$12.00	Tuesday, June 17, 2025	12 p.m. - 1:30 p.m.
Home Irrigation	\$10.00	Wednesday, June 25, 2025	12 p.m. - 1:30 p.m.
	\$10.00	Wednesday, June 25, 2025	6:30 p.m. - 8 p.m.
JULY			
Kalawi Farm Tour	\$12.00	Thursday, July 10, 2025	8:30 a.m. - 3 p.m.
Salvia Sensations	\$12.00	Tuesday, July 15, 2025	12 p.m. - 1:30 p.m.
	\$12.00	Tuesday, July 15, 2025	6:30 p.m. - 8 p.m.
AUGUST			
A Meal in a Bowl	\$12.00	Tuesday, August 5, 2025	12 p.m. - 1:30 p.m.
"Lettuce" Plan a Fall Garden	\$10.00	Tuesday, August 12, 2025	12 p.m. - 1:30 p.m.
	\$10.00	Tuesday, August 12, 2025	6:30 p.m. - 8 p.m.
SEPTEMBER			
Mediterranean Cooking	\$15.00	Tuesday, September 23, 2025	12 p.m. - 1:30 p.m.
Growing Shiitake Mushrooms	\$12.00	Tuesday, September 30, 2025	12 p.m. - 1:30 p.m.
OCTOBER			
Sweet Potato Favorites	\$15.00	Tuesday, October 7, 2025	12 p.m. - 1:30 p.m.
Seed Savers	\$10.00	Tuesday, October 14, 2025	12 p.m. - 1:30 p.m.
	\$10.00	Tuesday, October 14, 2025	6:30 p.m. - 8 p.m.
NOVEMBER			
Homemade Beef Jerky	\$20.00	Tuesday, November 4, 2025	12 p.m. - 1:30 p.m.
Punches, Ciders and Drinks Galore	\$10.00	Tuesday, November 18, 2025	12 p.m. - 1:30 p.m.

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



North Carolina Cooperative Extension is an equal opportunity provider. In compliance with the Americans With Disabilities Act, NC State University will honor requests for reasonable accommodations made by individuals with disabilities. Please direct accommodation requests to: Lisa Childers, 910-321-6880, lisa_childers@ncsu.edu. Requests can be served more effectively if notice is provided at least ten days before the event.

February

Knead to Know: Types of Flour

Tuesday, February 11 from 12 p.m. - 1:30 p.m. *Limited Class Size*
Flour will always be a kitchen essential. However, the many different types of flour can be confusing. In this class, participants will learn about several types of flour, including a gluten free option. Delicious yeast rolls will be a highlight of the workshop. **Registration and \$12 fee due by February 7.**

Kids in the Kitchen

Tuesday, February 18 from 12 p.m. - 1:30 p.m. *Limited Class Size*
Involving kids in the kitchen can not only be fun, but educational! Exploring different ingredients and preparing meals together can help kids try new things and learn new skills. Up to two kids (ages 3+) are invited to attend with a paying adult as "chefs" will create a healthy and delicious meal. **Registration and \$18 fee per adult due by February 14. Kids are FREE.**

March

All About Hummingbirds

Tuesday, March 4 from 12 p.m. - 1:30 p.m.
Susan Campbell, Science Director of the Cape Fear Bird Observatory, will share her fascinating insights into the world of hummingbirds. We will learn about their migration, recipe for feeding, ways to attract them to your landscape, and more! **Registration and \$10 fee due by February 28.**

Rooted in Tradition: Growing Heirloom Summer Vegetables

Tuesday, March 11 from 12 p.m. - 1:30 p.m. *Limited Class Size*
Tuesday, March 11 from 6:30 p.m. - 8:00 p.m. *Limited Class Size*
Learn how to plan, start and maintain your own heirloom vegetable garden. Discover how to take advantage of the benefits and overcome the challenges of growing rare varieties of vegetables. Participants will leave with heirloom seeds for their garden. **Registration and \$12 fee due by March 7.**

April

Water Bath Canning 101

Tuesday, April 1 from 12 p.m. - 1:30 p.m. *Limited Class Size*
Interested in learning how to preserve high acid foods? Participate in this hands-on class where participants will learn how easy it is to safely preserve foods by using a water bath canner. **Registration and \$12 fee due by March 28.**

Berry Best Practices for Home Blackberries

Tuesday, April 15 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Tuesday, April 15 from 6:30 p.m. - 8:00 p.m. *Limited Class Size*
Blackberries are nutritious, delicious and easy to grow in the home landscape. Learn how to grow, prune, and propagate blackberries in your home garden. Participants will leave with a one gallon blackberry plant to take home. **Registration and \$12 fee due by April 11.**

May

Lovely Lavender

Tuesday, May 6 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Tuesday, May 6 from 6:30 p.m. - 8:00 p.m. *Limited Class Size*
Lavender is a versatile herb to have in the home garden. It can be used for cooking, potpourri, and landscape beauty. And don't forget that wonderful smell! Join us to learn how to grow, propagate and use lavender at home. Attendees will leave with a lavender starter plant and seeds. **Registration and \$12 fee due by May 2.**

Pressure Canning

Tuesday, May 13 from 12:00 p.m. - 2:00 p.m. *Limited Class Size*
This class will cover the basics of pressure canning. Whether you are a beginner, experienced, or just looking for up-to-date recommendations, you will enjoy this hands-on class. **Registration and \$12 fee due by May 9.**

June

Rolling Out Some Fun (Egg Roll/Lumpia Roll)

Tuesday, June 17 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
In this class, participants will learn how to make two types of rolls, Egg rolls and Lumpia rolls using locally grown veggies. So roll up your sleeves and let's have some fun! **In person registration and \$12 fee due by June 13.**

Home Irrigation

Wednesday, June 25 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Wednesday, June 25 from 6:30 p.m. - 8:00 p.m. *Limited Class Size*
Irrigating flower beds and gardens is both an art and a science. Come learn effective, but economical ways to ease the time you spend watering your home landscapes and ensure they have consistent moisture all summer long. **In person registration and \$10 fee due by June 20.**

July

Kalawi Farm Tour

Thursday, July 10 from 8:30 a.m. - 3 p.m. *Limited Tour Size*
Come join us for a tour of Kalawi Farm, a peach and field crop operation in Eagle Springs, NC. During the excursion we will tour their peach orchard where they grow over 40 varieties of peaches and enjoy some peach ice cream. **Registration and \$12 fee due by July 3.**

July

Salvia Sensations

Tuesday, July 15 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Tuesday, July 15 from 6:30 p.m. - 8:00 p.m. *Limited Class Size*
Salvias are one of the most diverse and versatile flowers in the landscape. Come learn how to select, grow and propagate from a wide range of beautiful salvias. Participants will leave with Salvia plants and seeds to take home. **Registration and \$12 fee due by July 11.**

August

A Meal in a Bowl

Tuesday, August 5 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Grain bowls are simple yet hearty meals that consist of a grain base, a protein, vegetables, garnishes and dressing. Come learn how to make a complete meal in a bowl. **Registration and \$12 fee due by August 1.**

"Lettuce" Plan a Fall Garden

Tuesday, August 12 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Tuesday, August 12 from 6:30 p.m. - 8 p.m. *Limited Class Size*
Fall is a great time to grow tasty vegetables. Learn how to grow leafy greens, broccoli, onions, garlic, and more! Participants will leave with fall garden seeds to take home and start your own garden. **Registration and \$10 fee due by August 8.**

September

Mediterranean Cooking

Tuesday, September 23 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Are you in a cooking rut, always fixing the same dishes? Why not try something new? Introducing Mediterranean dishes to your meal plan can be both healthy and fun! Try new flavor combos that are family-friendly as we prepare an appetizer, main dish, and dessert. **Registration and \$15 fee due by September 19.**

Growing Shiitake Mushrooms

Tuesday, September 30 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Did you know mushrooms are considered a powerhouse superfood? They are loaded with vitamins and nutrients. Although considered a specialty crop, they are easy to grow in your backyard! You will leave the workshop with one inoculated log to grow your very own mushrooms. **Registration and \$12 fee due by September 26.**

October

Sweet Potato Favorites

Tuesday, October 7 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Let's dig deep to discover the culinary versatility of North Carolina's favorite crop! Sweet potatoes can be used in a wide array of dishes. Leave your pie-plates at home and let's find a new fall favorite. **Registration and \$15 fee due by October 3.**

Seed Savers

Tuesday, October 14 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Tuesday, October 14 from 6:30 p.m. - 8:00 p.m. *Limited Class Size*
Join us in learning how to collect, prepare and store seeds from your landscapes and gardens. Collecting seeds is both economical and fun! Participants will leave with a seed collection to take home. **Registration and \$10 fee due by October 10.**

November

Homemade Beef Jerky

Tuesday, November 4 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Are you a beef jerky fan? Join us for a hands-on beef jerky class where you will learn the basics of making a flavorful safe jerky at home using a dehydrator. **Registration and \$20 fee due by October 31.**

Punches, Ciders and Drinks Galore

Tuesday, November 18 from 12:00 p.m. - 1:30 p.m. *Limited Class Size*
Everyone in the family can feel festive this season with a few new varieties of drinks. One of the beverages dates back to an earlier century. Come taste and make a few healthy and refreshing beverages you can enjoy anytime of the year. All beverages are family-friendly. **Registration and \$10 fee due by November 14.**



Registration

- Registration will be through Eventbrite
- In-person registrations for June classes only

Registration Assistance - Additional Information

Contact Susan Johnson
• 910-321-6405
• susan_johnson@ncsu.edu

Refunds only if workshop is cancelled by Cooperative Extension Staff.