

Culinary College for Humanity

The Centre for Sustainable Global Food Systems



Culinary College for Humanity
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WELCOME TO THE CULINARY COLLEGE FOR HUMANITY

The Centre for Sustainable Global Food Systems

From fostering the health of our communities to responsible stewardship of our lands and oceans, ethical animal husbandry and butchery, and supporting pollinators, the Culinary College for Humanity (CCH) is the centre for the ultimate health and well-being of our planet and humanity.

For the future of humanity, we must shift from a globalized, industrialized, commodity-based food system, to a regionalized, organic, human based food system. Each course in CCH's curriculum demonstrates how to achieve this transformation.

The world's lands and oceans are severely affected by industrialized agriculture with synthetic fertilizers and pesticides, contributing to the loss of ecosystems and biodiversity and having long-term devastating effects on both our planet and human health¹. Food production and transport as it exists on the planet today has the biggest impact on planetary warming. CCH is a driver for change by providing an education and laboratory for sustainable regionalized agriculture, organic growing practices, and connecting the raw ingredients we cook to their origins.

CCH addresses the present epidemics related to food production. CCH will provide knowledge and a forum of engagement for chefs, industry leaders, and individuals to transform our food systems to be regionalized and organic. Offering a curriculum that combines culinary technique with responsible agricultural practices, CCH is the ultimate culinary school that connects the dots between the field, the plate, and the larger environment.

Fashioned after Hollyhock, with its rich history of cultivating major green business changes, and with the blessing of two of its founders Dana and Joel Solomon, CCH's ultimate wisdom lies in the co-mingling synergies of its international students.

¹ Effects of Pesticides on the Environment (*Research Gate*) Retrieved from https://www.researchgate.net/publication/286042190_Effects_of_Pesticides_on_Environment

The Ultimate Farm to Table Course: Professional Chefs Culinary Arts Program

Great food and great taste extend beyond the four walls of the classroom to the sea, farm, market, vineyard, and beyond. The chefs of the 21st century need to know more than culinary techniques and management. They need to have knowledge of where raw ingredients come from, what it means to be organic and sustainable, how to create a sustainable, regionalized supply chain and offer true farm to table cuisine. The importance of ethical animal husbandry and butchery and responsible stewardship of our lands and oceans must be imparted to the next generation to secure sustainable agriculture practices that will continue to nurture our nation and planet for generations to come.

The Culinary College for Humanity (CCH) is an innovative school located on an urban commercial organic and biodynamic farm with vineyard and wine production, culinary gardens, food forests, apiary, small livestock, and a four-season rooftop garden—a natural environment for promoting an education of farm to table² cooking.

The various programs take place on the farm, rather than in a traditional college/university setting. Students learn about the life of a farmer with hands-on participation in harvesting and planting. To become a great chef and ambassador of sustainability is to become fluent in what is happening on the land and in the water, and to be intimately connected to the source of ingredients and the impact on the environment.

These programs offer participants a forward-thinking approach to the best practices in agriculture and culinary techniques that will sustain humanity in harmony with the earth, provide an opportunity to develop a lifelong understanding of food and agriculture, and gain an understanding of recipes from field to pasture. Emphasis is placed on zero waste use of garden growth and animal proteins, including “nose to tail³” cooking that utilize whole ingredients to their fullest capacity and ultimate flavour.

Join us at CCH for the Ultimate Farm to Table Course and learn how to make a connection between the bounty of the land and culinary techniques.

YOUR PATH TO BECOMING A CHEF OF THE 21st CENTURY BEGINS WITH CCH’S UNIQUE TOTAL IMMERSION APPROACH

In our Professional Culinary Arts program, you will be immersed in the classic cooking techniques that form the building blocks of Western and global cuisines from day one. Your educators are chef-instructors who are

² Also known as “Farm to Fork,” Farm to Table is defined as a social movement that promotes the use of local and natural (often organic) ingredients in food production; a system “in which food production, processing, distribution, and consumption are integrated to enhance the environmental, economic, social and nutritional health of a particular place” (Rutgers *Farm to Fork*; Retrieved from njaes.rutgers.edu/food-nutrition-health/farm-to-fork.php)

³ The utilization of the “whole beast” in butchery and meat cookery; using every part of the animal so that nothing is wasted. “Nose to Tail” (or “Beak to Feet”) is a term coined for “the traditions of using the entire animal, respecting its life even in death” (Lexicon of Food, n.d; retrieved from lexiconoffood.com/thefoodlist/nose-tail)

passionate, accomplished leaders eager to share their expertise. You'll enjoy the kind of hands-on experience, personal attention, and support that will build your confidence and skills. Thanks to The CCH'S unique Total Immersion approach, you will amass an incredible amount of knowledge and ability in a very short time.

The CCH'S Professional Culinary Arts program combines both hands-on instruction and theory into one comprehensive program. Each class begins with a short lesson from your chef-instructor, who will outline terminology, relevant food history, the reasons behind various cooking techniques, and the rationale behind following procedures in a specific order.

LET'S TAKE IT OUTSIDE

The Culinary Arts + Farm-To-Table program builds upon your newfound skills and techniques by connecting your training as a chef from the beginning of the food chain to the end. The program begins in the kitchen, where our Professional Culinary Arts curriculum teaches you fundamental techniques, high-volume production, food costing and the skill of replicating a proven dish.

From early in the program, your classroom will extend outside to the chicken coops, apiary, a forest garden, nature preserves, and an organic production garden, all located on the property of an award-winning winery. Here the standards are set. You will begin learning the techniques that will serve as the foundation of your entire culinary career. You will become familiar with the sustainable supply chain, equipment and tools, and the brigade system of organization and teamwork — the core of every serious kitchen.

PREPARE:

Vegetables & Starches
Salads and vinaigrettes
Fish & Shellfish
Poultry
Beef
Pork

Lamb
Plant-based
Food Preservation
Seasonal Menu Planning
Zero Waste Food Production
Whole Animal Butchery

TECHNIQUES:

Poaching
Grilling
Frying
Blanching

Glazing
Baking
Puréeing
Pickling & Fermenting

LEARN THE BASICS:

Knife Skills:

Learn which knives are best for which jobs, and proper care for them. Through tailiage (cutting vegetables into even sizes and shapes), you'll learn different techniques such as émincer (thin slice), batonnet (small sticks), brunoise (small dice) and paysanne (tile-shaped).

Food Safety:

You'll gain an understanding of the general rules of hygiene as well as comprehensive food handling and safety issues for a kitchen environment, earning the valuable National Restaurant Association's ServSafe® Food Protection Manager Certification.

Ingredient Identification and Classification:

Use all your senses as you identify and classify a wide range of proteins, vegetables, starches, grains, herbs and spices.

Learn to Grow:

Learn how to grow using sustainable practices, regenerative agriculture, urban agriculture, permaculture design and organic growing philosophy and techniques

Food Preservation:

Brining, pickling, confit and dehydration used to prevent food from spoiling in pre-refrigeration days; today, we rely on these methods for the complex flavors they infuse into dishes and to eat locally year-round.

INTRODUCTION TO PERMACULTURE DESIGN (two-week course)

Permaculture design is based on principles derived from a close consideration of nature. Applying these principles to human systems reminds us that we, too, are nature, and brings us closer into harmony with all of our relations.



Permaculture design is an ethically based, whole-systems design approach to create sustainable human settlements and institutions. Although rooted in agriculture, permaculture design also touches on regional and urban planning, ecology, technology, architecture, and social organization. The design principles learned can be applied to your home's landscaping, a farm, business, public space, civic systems, village, or even the way we organize ourselves in our businesses and institutions.

The two-week CCH Introduction to Permaculture Design is offered in collaboration with Okanagan College. Participants completing the course work will be awarded a Certificate of Completion and will be eligible to embark upon a recognized Permaculture Diploma by completing an independent two-year practicum with the mentorship of a Permaculture Design instructor.

WHAT YOU'LL LEARN

- Permaculture Design Principles in theory and in action
- “Zones” planning approach
- Stacking functions
- Recycle like nature does
- Raised bed mulched gardening
- Forest Gardens and perennial systems
- Green building
- Tools for a healthy community

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Three Day Courses



HOLISTIC FARMING THINK TANK

The theory and practice of growing our food in harmony with our planet's natural systems are explored in these three-day conferences that explore how to feed humanity sustainably, including understanding living soils and the importance of biodiversity on our farms and in our communities.

Featuring keynote addresses from global food and sustainability leaders, participants are leaders themselves.

WHAT YOU'LL LEARN

- Soil Ecosystems
- Composting
- Introduction to Regenerative Agriculture
- Introduction to Biodynamics
- Diversity and Integrated Pest Management
- Forest Gardening
- No-till Gardening
- Sustainable ocean harvesting and fish farming
- Understanding certifications: Organic, Biodynamic, and Certified Naturally Grown

INTRODUCTION TO URBAN FARMING

Encompassing community and backyard gardens, rooftop and balcony gardening, growing in vacant lots, right-of-ways, and parks, aquaculture, hydroponics, fruit and nut trees, market farms, raising small livestock, and beekeeping, Urban Farming is a viable commercial and / or community venture integral to healthy communities and secure, sustainable food systems in the 21st century.

Through experiencing the various systems of urban growing in and around the Culinary College for Humanity, Summerhill Vineyard, and field trips to nearby commercial urban agriculture enterprises, this three day course will inspire you to grow wherever you live or work, either on a personal, community, or commercial scale.

WHAT YOU'LL LEARN

- Soil Quality

- Composting and Vermicomposting
- Intensive spacing, Square-Foot Gardening, & Small-Plot Intensive Farming (SPIN)
- Intercropping
- Greenhouses, hoop houses, and high tunnels
- Aquaponics
- Controlled Environment / Vertical farming
- Small livestock and bees
- Integrated Pest Management

SOLID FOUNDATIONS: ZERO WASTE CULINARY TECHNIQUES

In day or evening classes, you'll learn from the same accomplished chef-instructors who teach our career students and enjoy the same pristine kitchens. As you become immersed in the course and touch on more advanced cooking techniques, terminology will become second language, precision knife work will be your trusted skill.

This program incorporates many of the essential skills introduced in CCH's career food production awareness program, Professional Culinary Arts, including the culinary techniques of preparing stocks and sauces, cooking meat, fish and vegetables and executing classic recipes. And if you're inspired to go further, Culinary Techniques may allow you to enter our Professional Culinary Arts career course with advanced standing.

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Fish & Shellfish
Poultry
Beef
Pork

Lamb
Plant-based
Food Preservation
Seasonal Menu Planning
Zero Waste Food Production
Whole Animal Butchery

TECHNIQUES:

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Grilling
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Blanching

Glazing
Baking
Puréeing
Pickling & Fermenting

LEARN THE BASICS:

Knife Skills:

Learn which knives are best for which jobs, and proper care for them. Through *tailiage* (cutting vegetables into even sizes and shapes), you'll learn different techniques, such as *émincer* (thin slice), *batonnet* (small sticks), *brunoise* (small dice) and *paysanne* (tile-shaped).

Food Safety:

General rules of hygiene as well as comprehensive food handling and safety issues for a kitchen environment.

Ingredient Identification and Classification:

Use all your senses as you identify and classify a wide range of proteins, vegetables, starches, grains, herbs and spices.

ARTISANAL BREAD BAKING

Get ready to channel your inner bread baker: this inspiring class will teach you the proper mixing, kneading and professional bread baking techniques to make breads from around the world.

Breathe in the aroma of freshly baked loaves and realize your dough-making dreams in this CCH course devoted to the art of producing beautiful baguettes, fresh focaccia, crusty ciabatta and braided challah, to name a few of the artisanal breads in the curriculum. Choose to take the five sessions in a one-week immersion by day, or spread over three weeks in the evenings, depending on your schedule.

Come to class each day, slip on your baker's whites and get ready to mix, ferment, fold, shape, score, finish and bake. Even if you have no prior experience making bread, you'll discover the joy of baking and unleash its mysteries, while learning techniques for a spectrum of tastes and textures. Under the close supervision of CCH's accomplished chef-instructors, you'll be challenged to learn more about professional bread baking than you ever thought possible.

WHAT YOU'LL LEARN

- In five intense and enjoyable classes, you'll gain knowledge in:
- The proper mixing, fermentation, shaping, proofing, scoring and baking techniques for a variety of breads
- The critical importance of dough temperature
- The keys to baking an assortment of breads and viennoiseries, including baguettes, bagels, brioche, challah, croissants, traditional loaf breads, pizza, focaccia and ciabatta
- Ancient grains
- Visit local farms and a local flour mill

BIODYNAMIC GRAIN & LEGUME GROWING

Crops like corn and soy dominate vast tracts of land across North America, with much of the yield destined for highly processed industrial food. But these nutrient dense foods, along with other species like lentils, chickpeas, beans, rice, and wheat, can be grown at any scale, from backyards to environmentally harmonious commercial operations.

Explore these plants in detail from a biodynamic perspective, and experience examples of growing staple food crops in sustainable ways in this in-depth three-day course.

BIODYNAMIC ANIMAL HUSBANDRY & HOLISTIC FARM INTEGRATION

The great cycles of nature involve birth, death, eating, and digesting. The cycles of life in the soil are no different.

Learn how animals can be integrated into biodynamic poly-cultural farm systems to prepare land for planting, reduce pest pressure on tree fruit crops, and regenerate soil life in this three-day course.

INTEGRATING INDIGENOUS KNOWLEDGE: TRADITIONAL FOOD HARVESTING & PREPARATION

Gain insight into a completely different relationship with nature, one where humans are a harmonious part of the world around us, rather than dominating and controlling it. In this three-day course you will learn directly from Indigenous wisdom keepers and scholars about the sophisticated food systems and relationships that fed local communities before colonization. Learn about harvesting and preparation of Okanagan Indigenous foods like salmon, roots, and berries, and prepare food staples from different regions such as acorn flour and pemmican.

FUNDAMENTALS OF WINE

Like any great field of study, wine appreciation is a life-long endeavor. It can start out intimidating and mysterious, but with structured guidance, a fascinating world of smell, taste and flavor can awaken. In this intensive 3-day program, learn to taste and describe wine as we travel through commercially important wine regions of the world.

We begin with an overview of the organic winemaking process from field to cellar at Summerhill Pyramid Winery. Then the historical context of the great regions of Europe and explored, with benchmark tasting examples of the classic styles – from sparkling to still to fortified. We'll make sense of how these wines came to be and their current relevance in the global wine market.

Not to be outdone, the regions we refer to as the New World, the Americas, the Antipodes, Canadian Wines and South Africa, have an equally compelling story to tell. We'll taste the *New Classics* and draw comparisons to, and discern differences from, their Old-World predecessors. With our three-day intensive training, you'll begin to think differently about the business of wine and – to your great pleasure – eat and drink more deeply with your new life skills.

USING THE WHOLE ANIMAL: CHARCUTERIE & PATES

Imagine setting out beautifully arranged plates of pâtés, saucisson and prosciutto—all made at home in your very own kitchen. At CCH, you can learn the elements of the craft of the charcutier, a trade that has been around for centuries. Getting a taste of life as a charcutier doesn't have to take a big bite out of your schedule. This introduction into whole animal butchery will have you learning about all parts of the animal and see it in a way you have never looked at it before. Don your own set of chef's whites, enter our professional kitchens, and listen as chef-instructors share the techniques, tips and trade secrets that took them years to learn.

You'll walk away with hands-on knowledge to make fresh-cured bacon, prosciutto, fresh and dry-cured sausages, pâtés, pork rillettes and duck and ham confit. Among the subjects discussed will be the traditions of charcuterie; an overview of pig anatomy and butchery; methods used to salt, smoke and cure meats; and techniques of working with seasonings, casings and more.

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A la Carte Day Classes

ORGANIC WINE UNCORKED

Spend time in the organic vineyard and wine cellar to learn how great wine is made in harmony with the land and community. Then enjoy an afternoon learning about the vast world of wine in a lively and rewarding fashion. Learn to describe wine – wine as a second language! Then we'll taste, talk and decide on our preferences. We're on our own personal learning curves.

Students must be at least 19 years of age to enroll in this course.

LOCAL & ORGANIC YEAR-ROUND: FRUIT AND VEGETABLE PRESERVES

Preserve local seasonal fruits and vegetables to be enjoyed year-round, from fermenting to canning and pickling fruits and vegetables. The importance of using all that you grow and harvest so you can truly be local year round.

VEGETABLE FORWARD DINING: SECRETS OF SPICES

Properly utilized spices can elevate plant-based dishes to be as satisfying and delicious as anything!

Warning: This culinary class may not be for the faint of nose. In just four hours, you'll acquire skills to properly match spices with dishes—not always an easy task, especially if a recipe calls for exotic international spices that you've never used.

Indulge your senses in a hands-on experience, with exotic spices from around the world. Learn how to maximize flavor and prepare spice combinations. You'll cook (and eat!) a three-course meal that shows how the right spices can make even your regular dinner routine irresistible.

What's Cooking:

- Grilled Vegetables in a Curry Vinaigrette with Granny Smith Apples
- Traditional Lentil Dahl
- Exotic Spice Fruit Soup with Spiced Cake and Mascarpone Cream

ZERO WASTE SEAFOOD: MEXICAN CUISINE

Ceviche techniques will allow you to use the whole fish with zero waste. Also, the Okanagan Valley is home to some of the best tomatoes and corn. This course will show you how to integrate world flavours into local products.

Escape to the coastal regions of Mexico in a one-day cooking class for a flavourful introduction to cooking with seafood in Mexican cuisine. In this hands-on class, you'll learn to make three classic dishes and the signature sides to accompany everyone's favorites!

From the refreshing flavors of a Sinaloa style ceviche, to a hearty wild organic shrimp soup with fresh vegetables, Chef will teach you to make two appetizers highlighting ceviche. Then you'll learn to make homemade tortillas, the perfect vessel for delicious Blackened Fish Tacos, which you'll learn to make from start to finish, including Chili Lime Salsa to accompany it. By the end of the class, you'll have tasted all your hard work and be equipped with the skills to host an authentic meal for your next dinner party!

What's Cooking

- House made Tortillas
- Aguachile de Camarón (Sinaloa Style Ceviche)
- Blackened Fish Tacos with a Chili Lime Salsa

ZERO WASTE RAMEN AND GYOZA

These traditional dishes are a great way to integrate the whole locally raised animal – bones and all - and what would otherwise be vegetable food waste, into delicious, nourishing broths and dishes.

North America is known for mouth-watering burgers, Italy for rustic pastas, and France for its fromage. The Japanese have their own cultural obsession: ramen. Japanese ramen chefs are detail-oriented perfectionists, and the ramen lovers they serve are a discerning bunch who can pick out their favorite ramen from the thousands of restaurants and stands that dot the landscape.

Glean insight into the fascinating—and delicious—art of ramen and learn to prepare two popular styles (shoyu and miso) in this hands-on class with a Japanese cooking authority.

What's Cooking

The lesson begins by learning how to make flavorful stock from pork, chicken, beef bone, and “ugly vegetables”. Great flavours can be built from all types of food! You will learn how to make ramen noodles. After that, you'll build your dish, adding perfectly cooked noodles, boiled egg, vegetables and tender cashew pork. You'll also learn how to make gyoza, tasty pork and vegetable filled potsticker dumplings that often accompany a bowl of noodles.

HANDMADE PASTA

From fresh farm eggs to locally milled flour, you will learn the different shapes and styles of pasta, starting with fresh noodles and learning about how pasta can be a vessel for all of your kitchen's odds and ends, integrating the zero-waste philosophy for all proteins and vegetables.

You'll make a basic noodle dough, which can be cut and formed into an infinite variety of shapes, and a more elastic dough that can be filled and folded into ravioli or tortellini. Round out your education by preparing seasonal fillings and sauces using mouth-watering ingredients with light flavors and textures designed to complement the pastas you've created.

COOKING IN THE LOCAL SEASON

Learn culinary techniques for cooking the bounty of the season!

You'll learn how to use all the products you are working with, whether it's roots, tubers, apples, pears and hardy greens in the colder months; asparagus, peas and strawberries in the spring; or corn, zucchini, tomatoes and peaches in the warmer months.

This class will not just teach you recipes—it will change the way you look at ingredients, as you use techniques to transform and deconstruct each seasonal ingredient into delicious dishes. (You may never discard those apple peels or celery root tops again!)

KNIFE SKILLS

Sharpen your knives—and your skills—while learning to execute essential knife cuts for precision in the kitchen. This one-day workshop, designed to give you greater consistency and confidence, will combine the techniques learned to complete a dish you can add to your repertoire at home.

WHAT YOU'LL LEARN

- Knife sharpening / Honing your knife on a steel
- To correctly hold your knife
- To properly cut an onion and shallot
- To properly and safely use a mandolin (taught using potato for waffle cut)
- Utilizing the above techniques to complete a dish in class
- Knife cuts (taught using assorted vegetables) include:
 - Julienne
 - Baton cut
 - Large dice
 - Medium dice
 - Small dice
 - Brunoise
 - Chiffonade

URBAN FOOD FORESTRY

Reimagine how we landscape our parks, boulevards, and yards.

Not only are nut trees beautiful, but the food they produce can be a staple part of a healthy diet. These underutilized, low maintenance species have sustained communities for generations, and can again. By the same token, some fruit tree crops require very little maintenance, in particular native species like Elderberry and Saskatoon Berry trees.

On a backyard scale, these plants can produce food and medicine for your family and neighbours. On a community scale, these plants can provide not only food, but also jobs for underserved community members.

Whether you are a landscape architect, City staff member, or a homeowner, learn how to integrate these plants and more into your designs to not only create beautiful urban forests, but productive and nourishing ones!

ALL ABOUT POLLINATORS!

Make your yard or garden a haven for pollinators! Learn about plants that encourage the presence of bumble bees and other earth-friendly insects, then plant them at home to contribute to a healthy insect population. Build a home beehive to have fresh honey on tap, and watch your colony thrive.

Pollinators such as honeybees are essential to food production, but there has been a significant decrease in the population of pollinators documented since the late 19th century (Berenbaum, 2016)⁴ first due to urbanization and then the introduction of “conventional” agriculture. Honeybees have suffered widespread loss (Neumann and Carreck, 2010)⁵ due to the chemicals that are commonly used in commercial agriculture, with other populations of insects dwindling at an alarming rate since the introduction of synthetic pesticides (Oerke, 2006)⁶.

WHAT YOU'LL LEARN

- Pollinator Identification
- What plants to grow in your lawn or garden to encourage the presence of pollinators
- Learn about various wildflowers native to our province, and important to pollinator survival
- What methods to use to maintain your yard and garden and encourage insect biodiversity
- How to spot a bumblebee nest, and how to make one!
- Create a ‘bee bath’ to attract bees and other beneficial insects (butterflies, ladybugs...)
- How to make a homemade beehive, and harvest honey for home consumption safely
- Gain knowledge of culinary applications for honey

Participants will have the opportunity to taste harvested wild bee honey and compare its flavour and texture to that of the commercial brands. When learning about the various garden plants that encourage pollinators, participants will spend time in the garden and vineyard and enjoy a fresh organic lunch using fresh honey as an ingredient! There are many culinary applications for honey, and since CCH bases food production on seasonal growth, the meal served will be dependant on what foods are in season at the time of participation in the course.

4 Berenbaum, 2016 M.R. Berenbaum

Does the honeybee “risk cup” runneth over? Estimating aggregate exposures for assessing pesticide risks to honeybees in agroecosystems

J. Agric. Food Chem., 64 (2016), pp. 13-20

5 Neumann and Carreck, (2010) P. Neumann, N.L. Carreck

Honeybee colony losses

J. Apic. Res., 49 (2010), pp. 1-6

6 Oerke, (2006) E.-C. Oerke

Crop losses to pests

J. Agric. Sci., 144 (2006), pp. 31-43

ALL ABOUT BUTTERFLIES!

PESTICIDE FREE HOME GARDENING, LAWN CARE, & HOW TO CREATE A BUTTERFLY GARDEN

This course is perfect for any ‘green thumb’ who wants to learn the valuable practices of keeping a ‘natural wilderness’ at home. This one-day course is all about butterflies and how to foster a beautiful natural home ‘wilderness’, with pesticide free gardening, and practices that encourage growth of native plants and wildflowers (which also nurtures other beneficial insects such as pollinators).

Many people are unaware of how important butterflies, and certain moths, are to our ecosystems — in fact, the number of butterflies and moths in a geographic region is an indicator of the health of the ecosystems in that place. Butterflies and moths serve an important role in the food chain, and scientists have used their population levels as an indicator for the health of the planet for many years⁷.

By creating a habitat for butterflies, you are helping to restore the population of these important insects by offsetting the impact of urban development and pesticide use in agriculture, as well as our lawns and gardens. Encourage the butterfly and moth population and learn how to grow and maintain your very own butterfly garden!

WHAT YOU’LL LEARN

Learn about a variety of butterflies and moths native to our region and how to encourage population growth of the species to encourage healthy ecosystems

Identify plants that attract butterflies, and other beneficial insects

Gain a basic understanding of how to maintain a habitat that will encourage breeding

Identify species that migrate and those that do not (hibernate) and the importance of nectar for both important cycles

Spend time in the CCH butterfly garden and gain inspiration and insight for your own

Gain knowledge of natural home lawn and garden care without the use of pesticides (and other chemicals) that can be harmful to butterflies (and other important insects)

Learn WHY the practice of using chemical pesticides threatens biodiversity and insect populations

Students will enjoy a fresh organic lunch outdoors (weather pending) in the butterfly garden using ingredients grown that are attractants to our winged friends — such as lavender, tomatoes, strawberries, kale, multi-coloured chards, fennel, cherries, blueberries, and garlic chives — so you can have your butterfly garden, and eat it too!

⁷ Why Butterflies Matter (*Butterfly Conservation*) Retrieved from

<https://butterfly-conservation.org/butterflies/why-butterflies-matter>