

# Homesteading for Health

2024 WORKSHOP SCHEDULE



Homesteading simply means producing some of your own foods. Whether you have a window sill, backyard or acreage, you can improve your physical and mental health by growing, preserving, and creating healthier options, even on a budget. Each workshop will focus on a different skill set. Join us for one, a few, or all. Access our website for more details.

- May 11: A Healthier Pantry - Make your own convenience foods - At Rocking Tree Farm
- June 22: Preserving for Your Pantry (Fermenting, Dehydrating, Freezing, Cold Storage)
- July 20: Homesteading Dairy
- Aug 17: Canning Basics
- Sept 21: Waterbath Canning (Bonus: Gifts)
- Oct 19: Pressure Canning (Bonus: Cooking from your Pantry) - extended time 9 am - 1:30 pm

When: Monthly March-Oct

Time: 9am - 11:30am

Cost: \$30 each workshop

Where: Birdseye Volunteer Firehouse

Book via our website

***RockingTreeFarm.com*** or

QR code



Presented by: Tabitha Garvin-Betancourt, PhD. Over 7 years homesteading experience, 10 years in peer support mental health, & lifetime of abundant living despite autoimmune challenges.



Rocking Tree Farm



REGISTER YOUR SPOT TODAY! [ROCKINGTREEFARM.COM](https://rockingtreefarm.com)