



New!

Provided by: Becoming an Outdoors-Woman & WI DNR

Friday 3-6p.m.

Deer Processing Workshop

Join us for this all-new experience on Friday afternoon to kickstart the Pioneer Women's Day event!

In this workshop, you will learn through a hands-on experience, taught by experienced instructors. You will leave this workshop with the knowledge to process your own deer at home and a pack of your own venison to prepare for your family!

This 3-hour workshop will be followed by a venison-centered dinner, and a great time of fellowship.

(There is a \$10 fee for this class, and overnight lodging is available for an additional \$10).

Session #1 : 9:20-10:30

Instructor: Sheila Luck

Session #1

The Joy of Baking Sandbakkels

Making sandbakkels is an old-world, Norwegian tradition, passed down through the generations. A uniquely shaped sugar cookie, sandbakkels are eaten plain or filled. They are best if made with a friend over coffee and meaningful conversation. Unlike the days gone by, when women shared baking days and conversation, spending meaningful time with a good friend is often pushed aside by our overly busy world. Join Sheila and discover the joy of baking sandbakkels, while discovering how God might be using you for His purpose.

Instructor: Paige Lathrop

Session #1

Feeding Our Family's Spirit, Soul, & Body.

John 10:10 tells us that Jesus came "that they may have life and have it abundantly." As Christian women, we work diligently to feed ourselves and our family's minds and spirits wholesome content, as we aim to experience the abundant life. However, we often neglect fueling our family's bodies with this same level of diligence. With the many hungry mouths to feed, the task can feel overwhelming. This workshop will help you understand why we should prioritize the physical health of ourselves and our family, as well as describe practical ways to prepare nutritious meals on any budget.

Instructor: Abby Patten

Session #1

Brush Lettering

Welcome to brush lettering! In this workshop you will receive an overview of various brush lettering tools and techniques. You will have the chance to master the fundamental brush strokes and then put them together to complete a small project with the phrase of your choice. Participants will be sent home with some practice worksheets to continue developing their skills.



Instructor: Nikole Beecher

Session #1

Introduction to Auto Maintenance

In this workshop you will learn basic car maintenance like checking fluids, changing a tire, and replacing a headlight. You will also learn about common issues, what those weird sounds or smells might mean, and things to be aware of when bringing your car in to a shop.

Session #2 : 10:40-11:50

Instructor: Pam Wellbrock

Session #2

Essential Oils


In this workshop, you will learn how essential oils are used in the home for cleaning and personal healthcare. Some questions you will learn the answers to: What are essential oils? How are they harvested? What are they used for? Are they really therapeutic?

Instructor: Amy Lawton

Session #2

Back to Eden Gardening

Have you heard of the Back to Eden gardening method? If not, this workshop is for you! Back to Eden gardening is a no-till, organic gardening method that uses six to ten inches of wood chip mulch to cover your garden. Little to no weeding, limited watering, and nutrient rich soil are just some of the reasons this method is so great. Come learn all about this unique no till gardening method! I will also show you how easy it is to save seeds from your garden each year!





Instructor: Riley & Mike Bicanic

Session #2

Chickens 101

Frustrated with the rising cost of eggs and questioning the nutrition of the food you are eating? Learn how to raise chickens in your own backyard! We'll cover the lifespan from chick to egg-laying hen. See and taste the difference between store bought and farm fresh eggs, gain experience handling live chickens, and leave prepared to successfully start your own backyard flock!

Instructor: Amelia Fox

Session #2

Gluten-Free Baking & Cooking

Gluten free baking and cooking... How does one even start with that?! In this workshop we will be talking about some tips and tricks to help gluten free cooking and baking be an enjoyable experience in the kitchen. We may even be making a treat for us all to taste and enjoy!


Session #3 : 2:00-3:10

Instructor: Janeé Kazda

Session #3

Making Feed Bag Totes

If you have animals and want an idea of what to do with your animal feed bags, then this is the workshop for you! In this workshop, you will learn how to turn your animal feed bags into reusable tote bags to put groceries in, take to the beach, or anything else you need to put in a bag.





Instructor: Kjersten Kazda

Session #3

Rabbit Processing

During this workshop you will learn how to easily dispatch and process a rabbit in a way in which you can save the hide for fur preservation and crafting. You will also be able to taste some delicious pre-prepared dishes using rabbit meat.

Note: Domestic rabbit meat tastes different than wild rabbit, and rabbit is one of the healthiest meats you can consume.

Instructor: Amy Lawton

Session #3

Basics of Canning


Does canning and preserving your own food sound overwhelming to you? It doesn't have to be! In this demonstration workshop you will learn the basics of both water bath and pressure canning. I will walk you through the process, step by step, for both types of canning. We will water bath can something start to finish in class together. You will leave this workshop with the knowledge and skills to confidently can your own food!

Instructor: Bill & Virginia Elmhurst

Session #3

Cast Iron Basics

Cast iron cookware was popularized in the 1800s in America. There were numerous companies that began producing skillets and a variety of other products but the cast iron skillets have become the most common and coveted of all of the items produced. If properly cared for, cast iron skillets will last a lifetime. The most common problems with cast iron skillets are rust, overheating and food buildup. The surface rust can be removed but pitting of the metal is really not repairable. The build up of burned-on foods can be removed with proper measures. We are amateurs, but we have cleaned and marketed hundreds of pieces of cast iron. Join us for "Cast Iron Basics" to learn more about the history of cast iron, what to look for when purchasing cast iron, and the process of cooking with and properly caring for your cast iron. We hope you will join us!





Session #4 : 3:20-4:30

Instructor: Pam Wellbrock

Session #4

Foraging

What is safe to eat in our natural environment? How long do dried foods last? Is it possible to survive in the wild? In this workshop you will learn how to collect, preserve, and store what is foraged.

Instructor: Kim Olson

Session #4

Scrap Quilting

Have you ever wondered how you could use up those scraps of fabric left over from another project? Just couldn't throw them away? Let's upcycle them into something both functional and pretty! Kim will teach you the process she has used to make lovely lap quilts. Does a quilt seem daunting to you? It's OK! These squares can be used to make a table runner, a wall hanging, a plant mat or anything else you could think of! Please bring a sewing machine, thread, any fabric scraps you have, and a cutting mat with a rotary cutter. Time will not allow for us to complete the project but I will give you suggestions for finishing off your item.

Instructor: Katie Podgorski

Session #4

Introduction to Maple Syrup

This workshop will teach you how to incorporate maple syrup into everyday life. Learn alongside Katie as she prepares healthy maple syrup snacks. Learn about the different properties (liquid, granular & solid) of maple and how to use them. Learn tips on where and how to purchase quality syrup.

