

Spring 2017

Adult & Community Education Excelsior Springs Area Career Center

Classes held from 6:30 pm to 8:30 pm

614 Tiger Drive, Excelsior Springs, MO 64024

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CLASS SYLLABUS - for classes by Elizabeth Wenig

DO-IT-YOURSELF (DIY) NATURAL SOLUTIONS

We all know we are surrounded by toxins: in the air, in our food, in our personal and home care products. We cannot escape them, but we can control the amount of toxins we expose ourselves to. This is a three part DIY series that teaches you how to make inexpensive products at home to help you eliminate some of your toxin overload. These classes will not only alert you to where and what the toxic ingredients are but will teach you to make your own natural products that actually work. We will be making products in class which you will be able to take home (extra fee applies).

- Part one DIY Natural Solutions: Home Care. Jan 9, Feb 6, Mar 6

You are spraying, spritzing and sprinkling pollutants where you and your family eat, sleep and play—your home. Take charge of your environment; learn to make cleaning products for every dirty job in your house.

- Part two DIY Natural Solutions: Personal Care Jan 10, Feb 7, Mar 7

Stop slathering on poisons to keep yourself clean and make yourself beautiful. Let's acquire the skills to make your own cleansers, toners, toothpaste, deodorant, shampoo, lotion, yes, even foundation make-up.

- Part three DIY Natural Solutions: Culinary Jan 11, Feb 8, Mar 8

Packaged foods are a storehouse of toxic dragons eager to devour your health and the health of your children: artificial flavorings, artificial colorings, preservatives, thickeners, enhancers etc. Learn to make your own mixes—save a bundle, eat healthier and surprise your mother-in-law with made from scratch delights!!

GARDEN ALTERNATIVES Jan 23, Jan 30

Winter Sowing: Yes, it's winter. Yes, it's time to garden!! Sound crazy to plant NOW? Well, take the plunge and come spring you will have beautiful little flowers and vegetables to transplant into your garden. Let me teach you how and you can get a head start on your gardening chores. We will also learn natural alternatives for fertilizers, weed and pest control.

EASY SNEEZY WHEEZY HERBAL CARE Jan 17, Jan 24, Jan 31

It's great to have the security of the ER when dangerous health concerns leap upon us in the middle of the night. But, oftentimes there are things we can do to combat run-of-the-mill ailments; natural solutions to illness that our great grandmothers took for granted. We will explore some of these traditional answers in dealing with typical cold weather discomforts. Learn how to make and take herbal tonics and extracts that will give the immune system a kick in the seat of the pants and syrups and poultices to jump start the respiratory system.

THE SECRET LIFE OF PLANTS Feb 13, Mar 13, Apr 10

We all know Fido hears us when we speak his name and Kitty loves to be petted. But, what about our PLANTS? Plants possess an intelligence that far surpasses what most humans attribute to them. This class will stretch your imagination, tickle your fancy, expand your horizons and give you food for thought. You may never look at your geranium the same way again.

DRY CANNING Feb 27, Mar 27

I learned many, many years ago that you cannot leave beans or rice in their original bags. Little critters will hatch and make a meal out of your meal. We will learn the basics of dry canning -- an easy-peasy and economical method of preserving food. Also learn make handy and time-saving meals-in-a-jar. Recipes included. Optional take home quart sized meal-in-a-jar \$10.

NOURISHING TRADITIONS Feb 21, Feb 28, Mar 14, Mar 21

This class is centered on the popular book Nourishing Traditions by Sally Fallon. This is REAL cooking-like our great grandmothers did. Never in the history of the world have Americans been so obsessed with diet and nutrition. Yet, never in our history have we been plagued with so many illnesses. Based on the research of Weston A. Price we will explore how we can change our everyday cooking to improve the health of our families.

HOLISTIC DOG CARE Mar 28, Apr 11, Apr 18

I developed a system of natural care for my animals here at the farm that keeps them healthy and free from parasites. Learn why we need to make our pet food and how to do it. We will be making dog food and some supplements. \$10 class material fee if you want to take any home. Course booklet with class information and recipes.

MEDICINE CABINET MAKEOVER Apr 18

We will not only be learning about the Traditional Herbal remedies—including essential oils—that can replace many OTC items in your medicine cabinet and first aid kit, we will be making some of them! Healing herbal salves, therapeutic herbal extracts and tinctures, liniments and vinegars. \$10 class material fee if you want to take any home.

HOMESTEADING 101 Apr 24, Apr 25

Learn how to keep your chickens, rabbits and goats happy, healthy and producing—naturally. The class will cover how to control/prevent parasites, make balanced food ratios and some surprising supplements, free range or fenced, natural first-aid, coops, eggs, milking, harvesting fur. \$5 class material fee if you want to take it home.