

Gale Woods Farm Folk School

Teaching and learning about food, farming & fiber arts.

Gale Woods Farm Folk School strives to enrich lives and establish connections by inviting members of the community to gain and develop their knowledge and skills in various practical and artistic crafts. The Folk School offers a bounty of opportunities to learn skills such as gardening, farming, fiber arts & cooking all in a casual, group setting. Join us for one, or several, Folk School Workshops and open the door to lifelong learning and friendships!

Become a Cardholder!

Take part in a unique experience that will enrich your life. Cardholder fees will help support Gale Woods Farm's continued efforts to bring you quality programs.

Yearly Cardholder Rate: \$25

One card per family. Please give the names of all participating family members at time of purchase. Cards valid for a full calendar year.

Cardholders will receive:

- 20% discount on workshop fees
- Free attendance to Harvest Hoe-down Sat., Sept. 26, 2009
- Opportunities to earn Farm Coupons

Attend 5 Workshops: receive a **\$10** Farm Product Coupon

Attend 8 Workshops: receive a **\$15** Farm Product Coupon

Attend 12 Workshops: receive a **\$25** Farm Product Coupon

Please purchase your card at Gale Woods Farm!

AUG
27 &
28

NATURAL PLANT DYEING

Enjoy the thrill of discovering the variation of color in nature's palette. Students will gather plant materials and prepare dye baths to extract colors. Guest artist Karen Rognvoog will teach all the steps from plant selection to final product. Learn to dye wool, cotton and silk yarn and cotton and silk fabrics. All materials provided. Reservations required, registration deadline is August 20th. Participants must come to both sessions. Ages: 14+. \$100.

**Friday & Saturday,
9:30am-3:30pm
#33742508**

SEPT
11

APPLES AND HONEY: THE SWEET FALL HARVEST

Honeycrisp, Fireside, Haralson, Zestar!...Learn how to use cook and store the many delicious apple varieties grown in Minnesota. It's also honey harvest time. See the honey extraction process, learn how to cook with honey and discover the nutritional value of nature's healthy sugar. Reservations required. \$10. Ages: 14+

**Saturday, 10:00am-Noon
#43740202**

SEPT
11

INTRO TO WET FELTING

Wool + Water = wet felting. Join the farm staff to learn the basic techniques of wet felting; during the class you will felt a small vessel and decorate it with felt beads and baubles. Reservations required, registration deadline September 8. \$20. Ages: 8+

**Saturday, 1:00-4:00pm
#43742515**

SEPT
16

HOW TO PACK A HEALTHY SCHOOL LUNCH

Finding it hard to have time to prepare a homemade lunch for your child? Wish you knew some quick, healthy snack ideas to ensure they are getting all the nutrition they need? Join us for an afternoon of tasting from the kitchen and learn new and fun ways to incorporate healthy choices into your child's school lunches. We'll share ideas, recipes and healthy substitutions for you to taste. Reservations required.

\$6. Ages: 8+
**Thursday, 6:00-8:00pm
#43741125**

SEPT
18

BEGINNING WEAVING FOR CHILDREN

Children will learn the basics of weaving by making a simple loom in which they will weave a small project such as a pot holder or woven pouch. Reservations required, registration deadline September 15. \$20.

Ages: 5+
**Saturday, 1:00-4:00pm
#43742516**

REGISTRATION AND INFORMATION:

763.559.6700

ThreeRiversParks.org

Gale Woods Farm
7210 County Road 110 W
Minnetrista, MN 55364
763.694.2001

- SEPT 18 **PAINTING WITH FLEECE**
Learn the basics of carding wool fibers for color effects and create a wool rainbow of colors. Wendy J Johnson of Saga Hill Designs will teach you how to card and blend pre-dyes wool to achieve the color results you want for your spinning or felting projects. Materials (one pound of carded wool) included. Reservations required, registration deadline September 13. \$35. Ages: 9+ **Saturday, 1:00-4:00pm** #43742517
- OCT 2 **KNOWING OUR PLACE: WRITING RETREAT**
Practice the craft of creative non-fiction writing using the beauty of Gale Woods Farm as a stimulus. Through guided exploration and writing exercises, participants will write a piece of creative non-fiction about their experiences and receive resonance about their piece from others. Participants do not need to be accomplished writers, only have a desire to write. Instructor Steve Simmons is Professor Emeritus of Agronomy at the U of MN, has published four memoirs, and is currently writing a book that explores the meaning of place. Reservations required, registration deadline September 29. \$30 Ages: 16+ **Saturday, 9:30am-4:00pm** #43740202
- OCT 2 **FELTED MOSAIC RUG**
Felt a small rug using wool from Gale Woods Farm sheep. Layer colors and create a mosaic pattern, then add texture with one or more embellishing techniques. Class instructor is Leslie Granbeck. Reservations required, registration deadline is September 27. \$75. Ages: 14+ **Saturday, 9:30am-4:30pm** #43742518
- OCT 3 **DROP SPINDLE CLASS**
Join Wendy Johnson of Saga Hills Design to learn the basics of how to spin with a drop spindle and spin farm wool into yarn. Drop spindle and all materials included. Reservations required, registration deadline September 27. \$35. Ages: 10+ **Sunday, 1:30-3:30pm** #43742519
- OCT 16 **FELTED SCARF CLASS**
Join Gale Woods staff to felt a scarf using wool from our sheep. We will use different techniques such as layering colors and pre-felt to add designs. Reservations required, registration deadline is October 13. \$40. Ages: 12+ **Saturday, 1:00-4:00pm** #43742520
- OCT 16 **BEGINNING SPINNING**
Learn the art of how wool goes from sheep to a skein of yarn. Join fiber artist Wendy Johnson in learning the basic skills of spinning using a drop spindle and spinning wheel. Materials provided. Reservations required. \$40. Ages: 12+ **Saturday, 1:00-5:00pm** #43742521
- OCT 23 **SMALL FELTED BAG**
Join farm staff in creating a unique felted handbag. Learn the technique of wet felting with a resist to create a seamless, no sew, no knit felted bag or tote. Fabrics and various fibers will be added as a surface design before the felting process to obtain color, texture and interest. Reservations required, registration deadline is October 20. \$45. Ages: 12+ **Saturday, 1:00-5:00pm** #43742522
- OCT 23 **PROJECT DYE DAY- YARN**
Do you have a yarn project in mind? Join Karen Rognsvoog, natural dye artist to create colors for your project. Morning session will be shades of yellows, greens and blues. Afternoon class will be shades of red, purples and blues. Sign up for one or both sessions. Purchase Gale Woods yarn or bring your own. Reservations required, registration deadline October 18. \$20. Ages: 12+ **Saturday, 9:00am-Noon or 1:00-4:00pm** #43742523 or #43742527
- NOV 6 **SHEEP TO SLIPPERS**
Create a wearable felted project with wool from Gale Woods sheep. Meet the sheep, learn how to process wool, and make a pair of warm, durable, felted slippers. Lunch and materials included. Reservations required, registration deadline November 3. \$55. Ages: 12+ **Saturday, 9:30am-4:00pm** #43742524
- NOV 7 **WOOL ORNAMENT MAKING**
Just in time for the holidays! Craft a handmade woolen ornament with wool from the Gale Woods sheep. You'll leave this workshop with a good start on an attractive ornament that will make a great gift and the skills to make more on your own. All materials provided. Reservations required, registration deadline November 3. \$30. Ages: 10+ **Sunday, 1:00-4:00pm** #43742525
- NOV 13 **THANKSGIVING COOKING**
Join Chef David Jones from The Marsh and learn how to cook and enjoy all the delicious comfort foods of fall. We'll cover special cooking techniques for root veggie stand-bys like carrots and sweet potatoes, and discover the joys of rutabagas, parsnips and celeriac. You'll leave with recipes, new ideas, and a satisfied appetite from sampling all your efforts in our kitchen. Reservations required, registration deadline November 10. \$30. Ages: 14+ **Saturday, 10:00am-1:00pm** #43741126
- NOV 20 **SHEEP TO MITTENS**
Create a wearable felted project with wool from Gale Woods sheep. Meet the sheep, learn how to process wool, and make a pair of warm, durable, felted mittens. Materials included in program fee. Reservations required. \$55. Reservations required; registration deadline is November 17. \$55. Ages: 12+ **Saturday, 9:30am-4:00pm** #43742526