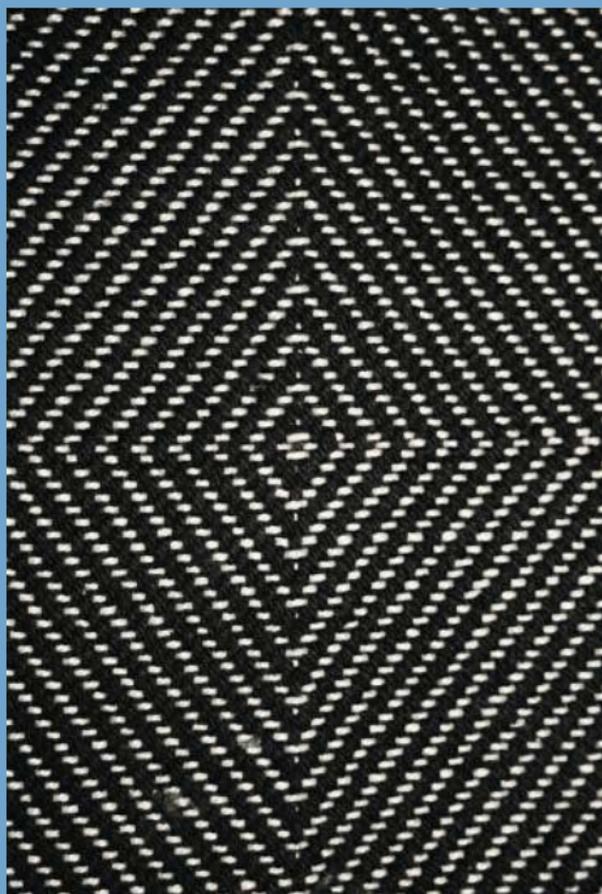
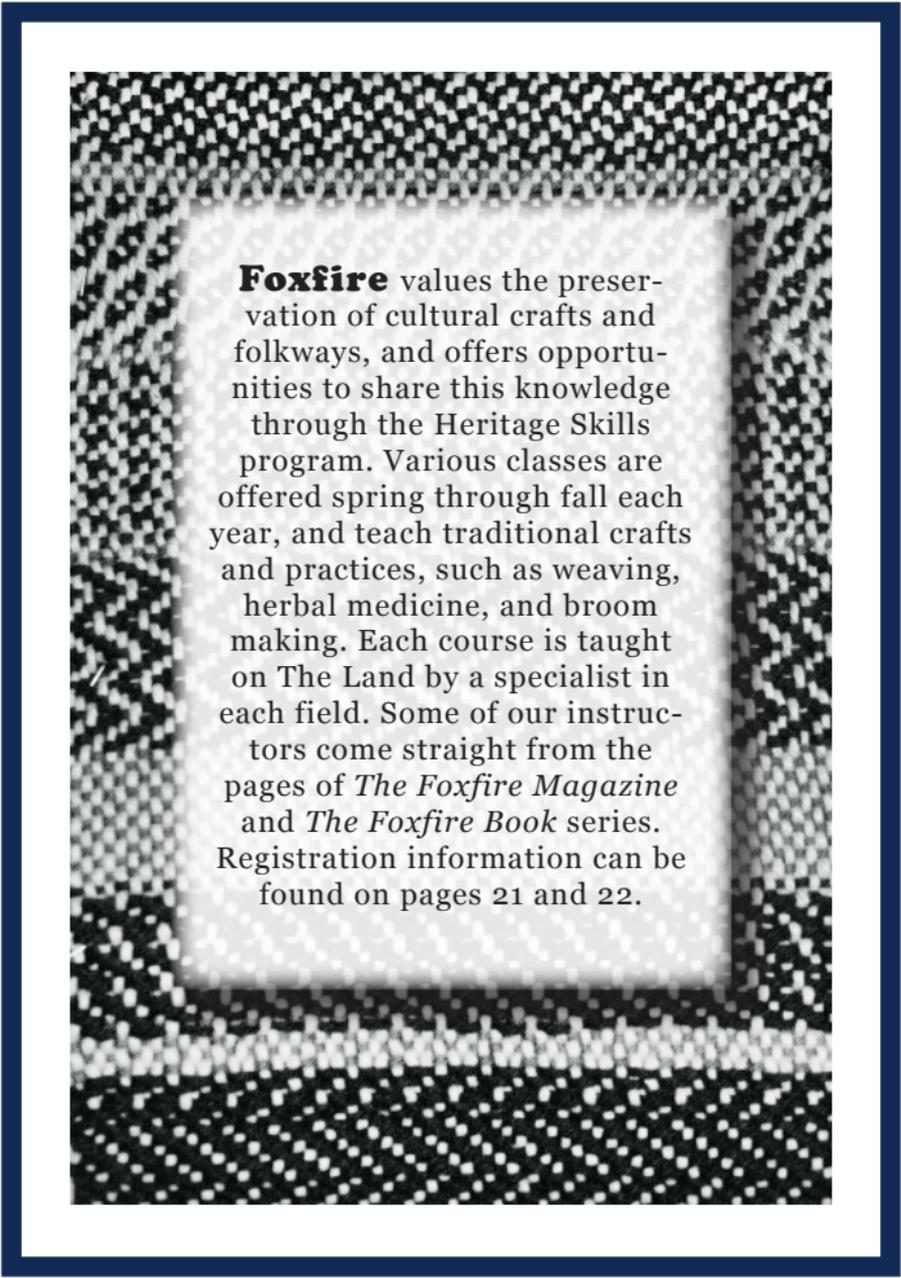


FOXFIRE®



**Heritage Skills Program
Spring 2018-Fall 2018**



Foxfire values the preservation of cultural crafts and folkways, and offers opportunities to share this knowledge through the Heritage Skills program. Various classes are offered spring through fall each year, and teach traditional crafts and practices, such as weaving, herbal medicine, and broom making. Each course is taught on *The Land* by a specialist in each field. Some of our instructors come straight from the pages of *The Foxfire Magazine* and *The Foxfire Book* series. Registration information can be found on pages 21 and 22.

April

~Tell a dream before breakfast and it will come true~



Intermediate Weaving [01]

April 6-7, 9:30 am - 4:30 pm

Cost \$250.00

This two-day intermediate weaving class is taught by resident weaver Sharon Grist. In this class, students will learn the intricacies of Bird's Eye and Rose Path designs. Students will work on samples set up on seven different looms and take home over 100 variations of these weave structures. Students must have basic weaving skills.

Class fee includes instruction, use of studio equipment, and all materials (lunch **not** included).



April



Broom Making [03]

April 20-21, 9:30 am - 4:00 pm

Cost: \$150

Learn broom making with Foxfire's resident broom artist, Carole Morse. This two-day course covers the essentials of broom making, including discussions on the materials, processes, and art of crafting different broom varieties. Students participating in the class will complete and take home a cobweb broom and a hearth broom.

Class fee includes instructions and all materials (lunch **not** included).

April



Planting by the Moon [04]

April 26, 9:00 am - 12:00 pm

Cost: \$40



Join Timpson Creek Farm Project Manager Darby Weaver as she delves into the biodynamic practice of planting by the moon. While biodynamic growers utilize this technique today, it has been used throughout history by civilizations all over the world as a means of growing the best, most adapted crops capable of resisting weather changes, diseases, and pests.



[05] Rush Chair Bottoming

April 27-28, 9:00 am - 4:00 pm

Cost: \$175

Taught by Foxfire demonstrator Kermit Rood, this two-day class introduces the student to the fundamentals of chair bottoming, with a focus on rush-style weaving.

For the class, students will need to bring a chair they wish to bottom. All other tools and materials will be supplied in the class (lunch **not** included).

May



Lye Soap Making [06]

May 5, 9:30 am - 4:00 pm

Cost: \$75

Learn how to make old-fashioned lye soap from three simple ingredients: lard, lye, and water. Lye soap is medically considered a cure for many common skin ailments, including poison ivy and mosquito bites. Lye soap is also effective as a household cleaner, clothes detergent, and is great for personal hygiene. Class fee includes instructions and all materials (lunch **not** included).

Flint Knapping [42]

May 5, 9:00 am - 4:00 pm

Cost: \$125

Learn the essentials of flint knapping from Foxfire contact Jim Enloe.

Class includes basic instruction on how to shape flint and other stones into useful tools such as knives, axe heads, spear heads, and arrow heads using traditional techniques. Students will take home a complete flint knapping kit and tools made during course.

Cost includes all materials but students are encouraged to bring leather gloves.

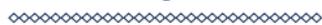
Intro to Organic Gardening [07]

May 11, 1:00 pm - 4:00 pm

Cost: \$40

Join Timpson Creek Farm Project Manager Darby Weaver for an afternoon of organic gardening guidance. In this workshop, she will outline the key practices that can generate healthy plants without the need for synthetic fertilizers or pesticides. Everything from starting seeds to harvest and storage will be explained to get you confidently into your own gardens!

May



Intro to Biodynamics [10]

May 25, 9:00 am - 12:00 pm

Cost: \$40

Join Timpson Creek Farm Project Manager Darby Weaver for an introduction into the art of biodynamic agriculture. In this workshop learn about the archaic rhythms that guide plants and animals through their life processes, discuss the harmonizing potential of ecosystems, and learn how to align growing practices with the abundant forces of the universe.



Intro to Yarn Spinning [11]

May 26, 9:30 am - 4:00 pm

Cost: \$50

This six-hour class taught by Foxfire's resident weaver, Sharon Grist, will include instruction on different fibers and their characteristics and practical applications of carding and drafting as well as both spindle and wheel spinning. Students will spin wool and learn several ways to handle fiber to produce varying yarn structures.

Class fee includes instruction, use of studio equipment, raw materials, and handouts. (lunch **not** included).

June

~Eating all the food placed before you brings good weath-



Castile Soap [18]

June 9, 9:30 am -4:00 pm

Cost: \$75

Learn how to make Castile soap, which is a vegetable-based soap made from a blend of olive and coconut oils, similar to soap originally made in the Castile region of Spain. Castil soap is 100% natural and free of toxins. It produces a high-foaming lather. Both liquid and solid soaps will be made in this workshop. Class fee includes instruction and all materials (lunch **not** included).



Advanced Organic Gardening [19]

June 14, 1:00 pm - 4:00 pm

Cost: \$40

Join Timpson Creek Farm Project Manager Darby Weaver for an afternoon of advanced organic gardening instruction. Building on previous experiences, the class will delve into the varied techniques used by professional growers to produce crops without synthetic fertilizers or pesticides, to extend seasons, and to create prosperity within the soil and water table. Topics covered will include soil ecology, planting, crop management, and many more!

June



[20] Broom Making

June 15-16, 9:30 am - 4:00 pm

Cost: \$150

Learn broom making with Foxfire's resident broom artist, Carole Morse. This two-day course covers the essentials of broom making, including discussions on the materials, processes, and art of crafting different broom varieties. Students participating in the class will complete and take home a cobweb broom and a hearth broom.

Class fee includes instruction and all materials (lunch **not** included).



7-Step Chair Bottoming [21]

June 15-17, 9:00 am - 4:00 pm

Cost: \$225

Taught by Foxfire demonstrator Kermit Rood, this three-day class instructs students in the method of cane weaving. This seven-step process involves weaving the seat bottom into the perimeter of the seat through drilled holes. For the class, students will need to bring a chair they wish to bottom.

Class fee includes instruction, tools, and all materials (lunch **not** included).

June



Medicinal Plant Walk [22]

June 21, 1:00 pm - 3:00 pm

Included with day admission

Led by herbalist Patricia Howell, our nature walks will explore the diversity of herbs and medicines native to the Southern Appalachian region. On this guided walk, you'll hear about the multitude of plants long valued for their healing qualities and as a source of food, and learn about the role they've played in local history. You will also learn about why many are still in use today! Please wear appropriate shoes, as the walk will include a short hike through the property.



Beginning Weaving [23]

June 22-23, 9:30 am - 4:00 pm

Cost: \$200

This two-day introduction to weaving is taught by resident weaver Sharon Grist. Topics covered will include the mechanics of three different types of floor looms, the process of making a warp, dressing the loom, and many others. Students will weave a twill sample runner on which they will explore numerous treading variations on one basic threading sequence. No experience is necessary.

Class fee includes instruction, use of studio equipment, all materials, and hand-outs (lunch **not** included).

July

~Put corn cobs under tomatoes to make them prosper~



Intro to Soils [24]

July 12, 9:00 am - 12:00 pm

Cost: \$40

Join Timpson Creek Farm Project Manager Darby Weaver and learn about the dynamic nature of soil. From particles to micro flora and fauna, all will be explored within the context of the natural rhythms that guide soil processes. Bring in a soil sample and examine it under the microscope. Learn what is happening in soils around you and how to support them, as well as the power of soil's ecosystem to save our planet.

Intro to Yarn Spinning [25]

July 14, 9:30 am - 4:00 pm

Cost: \$50

This class taught by Foxfire's resident weaver, Sharon Grist, will include instruction on different fibers and their characteristics and practical applications of carding and drafting as well as both spindle and wheel spinning. Students will spin wool and learn several ways to handle fiber to produce varying yarn structures.

Class fee includes instruction, use of equipment, materials, and handouts (lunch **not** included).

Rush Chair Bottoming [26]

July 20-21, 9:00 am - 4:00 pm

Cost: \$175

Taught by Foxfire demonstrator Kermit Rood, this class introduces the student to the fundamentals of chair bottoming, with a focus on rush-style weaving.

For the class, students will need to bring a chair they wish to bottom. All other tools and materials will be supplied in the class.

July



Scandinavian Turn Shoe [43]

July 17-20, 9:00 am - 4:00 pm

Cost: \$450

Learn how to make a Scandinavian Turn Shoe, similar to a moccasin, in this four-day course. This shoe style is made inside-out so that the stitching is hidden on the inside. The upper, made from Bison leather, can be formed in various styles with a recycled rubber sole. Only hand tools are used in the making of this shoe.

Class fee includes supplies and instruction (lunch **not** included).



[27] Lye Soap Making

July 28, 9:30 am - 4:00 pm

Cost: \$75

Learn how to make old-fashioned lye soap from three simple ingredients: lard, lye, and water. Lye soap is medically considered a cure for many common skin ailments, including poison ivy and mosquito bites. Lye soap is also effective as a household cleaner, clothes detergent, and is great for personal hygiene. Class fee includes instructions and all materials (lunch **not** included).

August



Beginning Weaving [28]

August 3-4, 9:30 am - 4:00 pm

Cost: \$200

This two-day introduction to weaving is taught by resident weaver Sharon Grist. Topics covered will include the mechanics of three different types of floor looms, the process of making a warp, dressing the loom, and many others. Students will weave a twill sample runner on which they will explore numerous treading variations on one basic threading sequence. No experience is necessary.

Class fee includes instruction, use of studio equipment, all materials, and hand-outs (lunch **not** included).



[29] Medicinal Plant Walk

August 16, 1:00 pm - 3:00 pm

Included with day admission

Led by herbalist Patricia Howell, our nature walks will explore the diversity of herbs and medicines native to the Southern Appalachian region. On this guided walk, you'll hear about the multitude of plants long valued for their healing qualities and as a source of food, and learn about the role they've played in local history. You will also learn about why many are still in use today! Please wear appropriate shoes, as the walk will include a short hike through the property.

August

~For every fog in August, there will be a snow in winter~



[30] Planting by the Moon

August 17, 9:00 am - 12:00 pm

Cost: \$40

Join Timpson Creek Farm Project Manager Darby Weaver as she delves into the biodynamic practice of planting by the moon. While biodynamic growers utilize this technique today, it has been used throughout history by civilizations all over the world as a means of growing the best, most adapted crops capable of resisting weather changes, diseases, and pests.



Broom Making [31]

August 17-18, 9:30 am - 4:00 pm

Cost: \$150

Learn broom making with Foxfire's resident broom artist, Carole Morse. This two-day course covers the essentials of broom making, including discussions on the materials, processes, and art of crafting different broom varieties. Students participating in the class will complete and take home a cobweb broom and a hearth broom.

Class fee includes instruction and all materials (lunch **not** included).

August



Flat Reed Chair Bottoming [32]

August 17-18, 9:00 am - 4:00 pm

Cost: \$175

Taught by Foxfire contact and demonstrator Kermit Rood, this two-day class introduces the student to the fundamentals of chair bottoming, with a focus on splint-style weaving. Originally, splint was thin strips of white oak, hickory, or ash. The wood strips have been replaced with the more economical and easier-to-work-with flat, which can be woven into different patterns.

For the class, students will need to bring a chair they wish to bottom. All other tools and materials will be supplied in the class (lunch **not** included).



September

~The first cry of the katydid means that the corn is ripe enough to eat~



Intro to Yarn Spinning [33]

September 8, 9:30 am - 4:00 pm

Cost: \$50

This six-hour class taught by Foxfire's resident weaver, Sharon Grist, will include instruction on different fibers and their characteristics and practical applications of carding and drafting as well as both spindle and wheel spinning. Students will spin wool and learn several ways to handle fiber to produce varying yarn structures.

Class fee includes instruction, use of studio equipment, raw materials, and handouts.(lunch **not** included).

September



Broom Making [34]

September 14-15, 9:30 am - 4:00 pm

Cost: \$150

Learn broom making with Foxfire's resident broom artist, Carole Morse. This two-day course covers the essentials of broom making, including discussions on the materials, processes, and art of crafting different broom varieties. Students participating in the class will complete and take home a cobweb broom and a hearth broom.

Class fee includes instruction and all materials (lunch **not** included).



7-Step Chair Bottoming [35]

September 14-16, 9:00 am - 4:00 pm

Cost: \$225

Taught by Foxfire demonstrator Kermit Rood, this three-day class instructs students in the method of cane weaving. This seven-step process involves weaving the seat bottom into the perimeter of the seat through drilled holes. For the class, students will need to bring a chair they wish to bottom.

Class fee includes instruction, tools, and all materials (lunch **not** included).

September

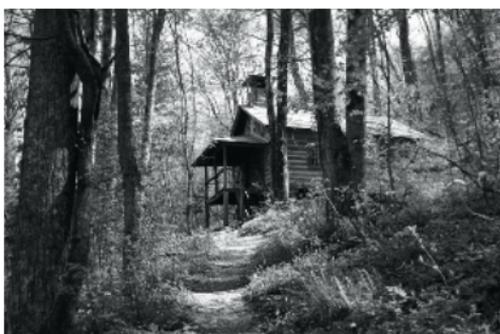


[36] Medicinal Plant Walk

September 20, 1:00 pm - 3:00 pm

Included with day admission

Led by herbalist Patricia Howell, our nature walks will explore the diversity of herbs and medicines native to the Southern Appalachian region. On this guided walk, you'll hear about the multitude of plants long valued for their healing qualities and as a source of food, and learn about the role they've played in local history. You will also learn about why many are still in use today! Please wear appropriate shoes, as the walk will include a short hike through the property.



Advanced Soil [37]

September 21, 9:00 am - 12:00 pm

Cost: \$40

Join Timpson Creek Farm Project Manager Darby Weaver for an in-depth examination of the inner workings of our soils. Soil ecology and chemistry will be outlined in relation to plants and animals. A look into the mechanics of soil will reveal the relevance of symbiosis and vitality of soil ecosystems to the well-being plants and animals. Bring a sample of soil to examine under the microscope. Learn how to interpret the chemical and biological nature of soil!

October

~The crow has a sweet song that humans never hear~



Medicinal Plant Walk [38]

October 18, 1:00 pm - 3:00 pm

Included with day admission

Led by herbalist Patricia Howell, our nature walks will explore the diversity of herbs and medicines native to the Southern Appalachian region. On this guided walk, you'll hear about the multitude of plants long valued for their healing qualities and as a source of food, and learn about the role they've played in local history. You will also learn about why many are still in use today! Please wear appropriate shoes, as the walk will include a short hike through the property.



Broom Making [39]

October 19-20, 9:30 am - 4:00 pm

Cost: \$150

Learn broom making with Foxfire's resident broom artist, Carole Morse. This two-day course covers the essentials of broom making, including discussions on the materials, processes, and art of crafting different broom varieties. Students participating in the class will complete and take home a cobweb broom and a hearth broom.

Class fee includes instruction and all materials (lunch **not** included).

October-November

~Trees heavy laden with leaves are a sign of cold weather~



Castile Soap [40]

October 27, 9:30 am -4:00 pm

Cost: \$75

Learn how to make Castile soap, which is a vegetable-based soap made from a blend of olive and coconut oils, similar to soap originally made in the Castile region of Spain. Castil soap is 100% natural and free of toxins. It produces a high-foaming lather. Both liquid and solid soaps will be made in this workshop. Class fee includes instruction and all materials (lunch **not** included).



Beginning Weaving [41]

November 2-3, 9:30 am - 4:00 pm

Cost: \$200



This two-day introduction to weaving is taught by resident weaver Sharon Grist. Topics covered will include the mechanics of three different types of floor looms, the process of making a warp, dressing the loom, and many others. Students will weave a twill sample runner on which they will explore numerous treading variations on one basic threading sequence. No experience is necessary.

Class fee includes instruction, use of studio equipment, all materials, and hand-outs (lunch **not** included).

How to Register



Complete enclosed form and return to Foxfire. Payments should be made via check. Please make all checks payable to The Foxfire Fund, Inc.

or

Register online at www.foxfire.org/heritage-skills-classes/

Registration Form

Name: _____

Address: _____

City/State/Zip: _____

Home/Cell Phone Number: _____

Email Address: _____

Course Number*	Date	Fee

*Course number is in brackets next to course name

Payment Options:

Check Card

Total Amount Inclosed: _____

Card Type: _____

Card Number: _____

Expiration Date: _____ CVV Code: _____

Mail to:
Foxfire
PO Box 541,
Mountain City, GA 30562

