



Leapfrog Programs Presents:

# The Sumac School

## year long intensive wild food class

**This apprenticeship will take you deep into connection with the natural world we live in and are a part of through the doorway of wild foods. Penetrate the wallpaper that limits our relationships with the wide world of plants and animals! Through a year's cycle, we'll cover a wide range of survival, practical and awareness skills with a strong focus on learning from and about plants and animals. Enjoy an immediately positive impact on your diet, budget, health, awareness and sense of belonging to the land.**

- Gain confidence and familiarity with **more than 50 edible, medicinal & useful and poisonous species of plants**, and their uses - how to find, ID, harvest and prepare them into food and medicine.
- **Plant and land stewarding skills:** Learn how to care for and propagate plants by coppicing, grafting, layering, and germinating seeds and cuttings; and the basics of permaculture design and gardening as we explore gardens in the area. Explore a diversity of habitats and wild hotspots in the Valley as we explore gardens, streams, rivers, forests and fields together in different towns.
- **Learn how to make plants into useful tools** to create glue, baskets, mats, cordage and rope, tinder and insulation, making friction fires, and projectiles.
- **Learn 20 mammals and 20 bird species** that share our habitat, their habits, appearance, songs and tracks. Process animals into food with skinning, butchering, meat curing and hide work. We will slaughter chickens and a sheep.

**Class appropriate for ages 15+. Meets one Sat. a month closest to full moon from 4/18 to 3/19. Cost is 400-700\$ sliding scale, requires a 200\$ deposit - and supports public fruit tree planting. Limited work trade available. Register by 3/15**

Saturdays: 4/28, 5/26, 6/23, 7/28, 8/25, 9/22, 10/27, 11/17, 12/15. 2019: 1/5, 2/2, 3/2

**Instructor bio:** Felix Lufkin has been foraging and educating about plants, for 12 years. He teaches nature and gardening programs at K-12 schools in the Valley, and has offered hundreds of plant walks for the community through Acorn Kitchen and Help Yourself.

[www.leapfrogprograms.org](http://www.leapfrogprograms.org)