

**Presenter's Bios:** Larisa Walk and Bob Dahse are the co-authors of "Feeding Ourselves – The Four-Season Pantry from Plant to Plate." As children of Great Depression era parents, they both became vegetarians and whole foodies in the 1970's, inspired by reading about the good life of Helen and Scott Nearing. Their energy consciousness led them to an "off-grid" life, which they have spent over three decades mastering and refining. They currently live in a PV powered, passive solar, strawbale home in Winona County, MN. You can see the destination of their homesteading journey on their website, GeoPathfinder.com.

### **Beyond the Veggie Garden**

**Description:** Midwestern staple crops (proteins, healthy fats, and whole-food carbs) for the adventurous gardener/cook. Explore growing, harvesting, processing, and cooking beans, peas, nuts, seeds, corn, amaranth and sorghum. The morning session (11:00-12:30) will cover legumes, nuts and seeds. The afternoon session (1:00-2:00) will be grains.

Presenter: Larisa Walk

### **Solar Photovoltaic (PV) Workshop for Off-Grid Installations**

**Description:** An introductory workshop on producing your own power utilizing solar PV panels. Bob will share his experience and expertise gained from over 30 years of living "off the Grid," and doing installations and trouble-shooting for friends and neighbors. It is recommended that attendees take a look at his website, <http://www.geopathfinder.com/Solar-Electricity.html> before the workshop to get some background information.

April 4<sup>th</sup>, 11:00-12:30

Presenter: Bob Dahse, Author of "People's Power Primer – Renewable Energy for the Technically Timid"

### **Harvesting Rainwater for Home & Garden**

**Description:** Thirsty? Deep wells require deep pockets and groundwater contamination is spreading. Learn from our 3 decades of soft-water living and you too can collect, store, and use an abundant, heavenly resource.

April 4<sup>th</sup>, 1:00-2:00