

# The ROCKWOOD Miller

## Workshops teach money-saving skills

By: Vivien Fleisher

In partnership with Guelph-based Minga, a company that teaches skills geared to the do-it-yourself crowd, Guelph/Eramosa Township and Wellington County's Taste Real Program have made several workshops available within Rockwood in the coming weeks. There are more offered outside town that run the gamut from building your own wood-fired pizza oven to an overview of permaculture, which is an approach to agriculture that's both "sustainable and regenerative" but Guelph/Eramosa has offered two courses to local residents at Rockmosa Community Centre. The first took place last Saturday, and taught eleven attendees how to grow mushrooms at home.

Danielle Stevenson



**Instructor and mushroom expert Danielle Stevenson prepares an oyster mushroom bucket for workshop attendees who came to learn how to grow them at home.**

of DIY Fungi explained that mushrooms represent a "whole kingdom of life that has been overlooked" and that as a protein source, they're very "bioavailable", so that what protein they do contain can be taken up very easily by the body and have a

modulating effect on it. She also characterized mushrooms as a bridge between people and the environment, especially the toxic ones we create, by cleaning up the soil and water they grow in. Mushrooms have incredible medicinal properties to boot, and oyster mush-



**MIX IT UP:** Two collaborative paintings were the featured project at the latest Mix It Up workshop at the Rockwood Library on Friday. First, on one giant piece of paper, artists had to paint a dot in four different places and then repeat making circles this time, all the while moving to a different spot each time, after which they added stems and leaves to the circles to create a garden. The focus of the exercise is to move around, and have your marks meet up with other marks for a lively and varied garden scene. Once the flowers were in place all manner of garden bugs and elements were added. A second project was a 'traffic jam' theme. - Vivien Fleisher photo

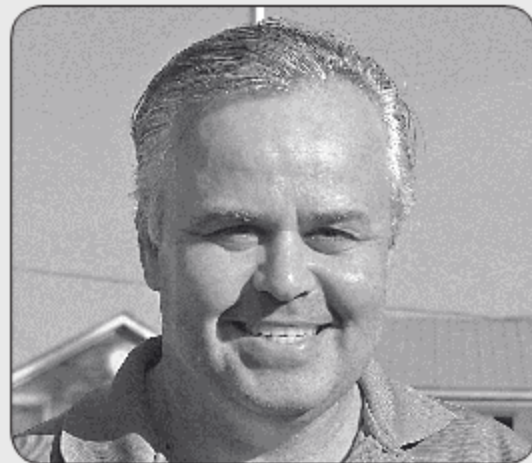
rooms in particular are known for their cancer-fighting properties. With five years of experience growing them, Stevenson's talk was compelling in the way it shed light on a complex food that we only see a fraction of in the grocery store. The hands-

on part of the workshop involved setting up an oyster-mushroom growing apparatus. Oyster mushrooms are the easiest to grow, as they are "not picky eaters." She provided everyone with a perforated plastic pail with a lid—any clean container with holes

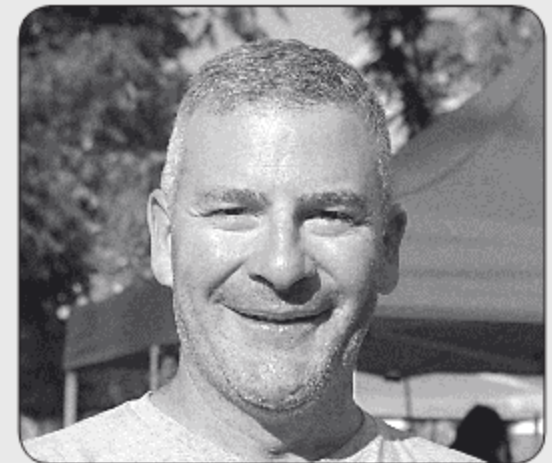
punched in will do—a sterile straw medium or 'substrate' and the key ingredient: the spawn or mycelium which has been pre-grown. The next workshop at Rockmosa is all about canning. For more information visit: [info@mingaskillbuilding.ca](mailto:info@mingaskillbuilding.ca)



**"What sort of columnist would you enjoy reading in the New Tanner?"**



**Trevor Hambly** "I'd like to read a sports column, covering other events like Rockwood's Matthew Scannell who drives for NASCAR's Pinty series. There are a lot of local racers, so maybe stuff in addition to the regular coverage of local sports teams."



**Bruno Lamarre** "A column covering local food; who's supplying them, what's available—from the raw product all the way to the table. It could be about local producers in general."



**Lorraine Hogan** "What about an advice columnist? Not just relationships, but how to access services if you're new to the area."



**Suzanne Florio** "I think the local flavour—new businesses and things happening around town. Everyone's always interested in what the new businesses are."