



Library Program Catalog 2023-2024

Thank you for hosting a New Mettle Farms workshop at your library! We are looking forward to spreading our mission to help people connect more meaningfully to nature, gardens, and their health. All workshops provide publishable descriptions, specialty organizational notes, notice of cumulative skill-building opportunities, and recommended ages for participants, where appropriate. Workshops are organized for 25 participants, include all supplies, instruction, travel, and insurance requirements. Workshop registrations are recommended, and librarians are asked to over see this at their own libraries.

Scheduling Process Update

As of today, please continue to schedule as we have in the past via email to New Mettle Farms at newmettlefarms@gmail.com. Please include your contact information, desired workshops, and 2-3 proposed available dates. We will let you know what we are able to confirm or call you to discuss options. Once booked, an invoice/confirmation document will be sent along with a Google Calendar invite.

Notice: we are working to install an online booking element to our website for 2023 and will notify you when we have completed our transition.

Booking Benefits

1. After booking our workshops, we will provide a Google Calendar e-vite as a confirmation of the workshop, day, time, address, description, and invoice with a 2-day, automated reminded email.
2. For libraries that book a series of workshops, we will create a Facebook Post listing all classes and registration information.
3. If you would like us to include an acknowledgement from special funders, ex. Friends of the Library, please write us a statement and it will be included in the description.
4. A stock photo of workshops. Stock photos may not show specific crafts completed by New Mettle Farms but will provide an identifiable link to the Facebook post and workshop. We will provide this as soon as possible.

Notice: We are working to create a shared drive file for publishable promotional materials that coincides with our published 2023-2024 e-Catalog.

NATURE'S ART PROJECT SERIES

An exclusive children's project series that explores art, design, and artisan engineering with natural resources while working on cumulative skills inspired from artisan handcrafting. Workshops are appropriate for children 8 yrs.+ working independently or younger children with parents. Workshop materials are subject to substitution where quantities or seasonality may restrict resources.

ACORNS AND LEAPING CAPS

Reintroduce your children to engaging, old-fangled games played in bygone eras as we reinvent and make our very own for all the nuts to play at home. Class will explore a simple strategy game and create game pieces of their own with acorns and caps.

- 4 workshops can be scheduled to explore a variety of games and strategies open for reinvention.

NUTTY BIRDS

Explore the unique, woody texture of nut and seed shells and the trees that grow them. Choose your favorite shells to make a little roosting friend to set on your windowsill or in a tree of its own.

LEAFY FLOWERS

Let's explore leaves and how they can be transformed into buds and blooms. We'll have a mini exploration of leaf varieties, colors, and how to preserve them while making our long-stemmed leafy blooms live a little bit longer.

- 2 workshops can be scheduled to explore folding techniques for roses, buds to full blooms.

FLORA PEOPLE

Using a paper doll figure, children create a flora person portrait that celebrates expression and diversity while we discuss how ephemeral art provides beauty through each season.

- 4 workshops can be scheduled to explore ephemeral portraits with seasonal resources.

FOREST CROWNS

Dress for the 'Wild Rumpus' by creating your own crown using a combination of colored prints and twigs, feathers, and wily plant parts. Donning their crowns, each child will have a chance to dance and roar in our Wild Rumpus Finale!

- *Be Allergen Aware, suggested for use in promotional printing, "Craft utilizes Eucalyptus."*

STRINGING SPIDER WEBS

Spiders have a bad wrap! Learn to spin a beautiful web to catch the eyes of your beholder. String, knot, and tying activity includes a positive wrap on the role of spiders in our world.

YARN SEWN CRITTERS

Learn to make your very own, home-made, cardstock critter patterns with punched holes to sew using our yarn and giant needles. Patterns will introduce shapes and layered attachments for the very beginners.

- 4 workshops can be scheduled to explore sewing for moving parts, 3-D pattern making for simple shapes, and sculptures.

STICK STARS & GARLANDS

It's gold stars for everyone! Learn to make mini stars from sticks so you can hang golden garlands to celebrate accomplishments. You won't want to earn stars any other way.

- **Special: Stick Stars Solar Eclipse Viewer** for April 18, 2024 Total Solar Eclipse.
- *Parents are recommended.*

DIAMOND KITE FLIERS

Join us as we make a diamond kite and learn how using string, knots, and tension aids in creating a light weight, flying wonder.

- 4 workshops can be scheduled to explore kite materials and weight distribution, aerodynamic wing kites, 3-D box kite & flying. Recommended from 10 yrs + with parent participation.

CAPTURE THE SHADOWS

Participants will learn to appreciate and design a boo-tiful picture that captures the shadows created from outlines and negative space. It's a frighteningly fascinating opportunity to explore cyanotype printing used for photographic negatives.

- o *Required dual use of indoor and sunny, outdoor space. Parent participation is recommended.*

CONES AND SCALES

Learn about these beautiful woody flowers and their unique spiral patterns that are matched throughout the plant and animal kingdoms. We'll dissect pinecones to transform them into our own child-imagined spiral art patterns.

TREE RING PRINTS

While you may not discuss a lady's age, you may a tree's! Join me as we become forensic 'tree-ologists' by printing impressions of tree hearts on recycled posters and discover the age of the Elder Tree.

BERRY INK & QUILLS

From choosing and sharpening feathers to creating bottled ink from berries, a stranded castaway can still enjoy writing about all their discoveries.

- o *4 workshops can be scheduled to explore making natural inks and paint, their uses and properties, and introduction to watercolor painting. Recommended for age 10 yrs.+*

FANTASTICAL BEASTS JOURNAL

Participants will hand sew their own pages into synthetic animal skin covers to make their own beastly journal with page markers to help them record all the critters they track on their adventures.

- o *3 workshops can be scheduled to explore the art of book making, tools, techniques, and materials. Recommended for age 10 yrs.+*

TP FIBER AND SEED PAPER

Let's make our very own paper using TP, plant fibers, and seeds! A new take on the 'water closet' will have you gather for a good time reinventing biodegradable fiber layers into seed paper you can put to good use.

WET FELTED TEXTILES

Learn to use dyed wool and string to design your own textile fabric that can be used as wearable art, home decor, or sewn into a project of its own.

PRISMATIC DRAGON EGGS

Learn to create a lustrous dragon egg out of hollowed goose eggs and molted snakeskin using a multi-layered paint and adhesive technique. Drying eggs will be placed in take home clamshell for future placement in its very own nest. Additional materials cost of \$100. Annual supplies are limited. **Must book workshops before December 1.**

SWEDISH DECORATED BLOWN EGGS

Beautifully decorated blown eggs can be a spring decoration that's cherished year after year. Class will learn to blow eggs from a demonstration, then get to work designing their own Swedish inspired dot art on cleaned and prepared brown eggs.

SEL STORY TIME- toddlers ages 2-4

Join us for a nature-themed story time designed to nurture the parent-child relationship, build your toddler's social emotional skills, and encourage collaboration in parenting. Activities will include stories with recommended reading lists, a focused SEL skill to learn and time to practice during a cooperative roll-play activities. It's an open, relaxed, fun time to learn your toddler won't want to miss.

- o This is an evolving presentation taken from our school staff training programs with seasonally update reading lists. We are not able to provide specific descriptions of individual workshops at this time.

NATURE'S STORYTIME SERIES

Become a regular host for immersive naturalist story time and healthful nature exploration for parents with children ages 4-10. Our workshops lead both parents and children in building a greater connection to nature through engaging stories, sensory-based and social, emotional learning activities, and discussion of how to encourage safe, nurturing outdoor experiences. From leaves to trees, snails and bees let nature nurture the parent-child relationship as they learn and explore together.

Books and activity will focus on observing phenological changes throughout the season, provide cooperative play activities, and collaborative parenting discussions.

NATURE STORYTIME 2023 Book List

- **NEW!** *Roots to Flowers* by Sarah Carson is an interactive story of a native food, the sunchoke sunflower's perennial life and relationship with its natural environment. Children learn about perennial plants and can examine this tasty tuber during our art activity. Fresh tubers are available in the Fall and Spring.
- *Great Book of Outdoors* by Tim Hopgood explores phenological changes with simple paper crafts to match highlighted animals and their seasonal behaviors.
- *Where the Wild Things Are* by Maurice Sendak explores wild animals in the forest and the happy dances
- *Everybody Needs a Rock* by Bryd Baylor explores deepening our personal connections to texture and beauty through sensory exploration of rocks and understanding of their formation.
- *My Green Forest* by Daren Lebeuf explores art techniques for visual expression of found objects in nature.
- *The Keeper of Wild Words* by Brook Smith explores using describing words to identify and explain our wonders discovered.
- *Going on a Bear Hunt* by Michael Rosen explores different types of adventures and how to best keep track of our surroundings and path.
- *The Secret Birthday Message* by Eric Carle explores mapping the library using directional words and identifying landmarks.
 - Opportunity for 'treasure maps and hunts' around the library.
- *Harry & Walter* by Kathy Stinson explores best friends as we explore positive ways of connecting with our elders by sharing nature and gardens together.
- *What's In Your Pocket?* by Heather Montgomery explores responsibly collecting nature's treasures and how best to appreciate them.
 - Opportunity for a children's library collective treasure display.
- *Florette* by Anna Walker explores 'greening' a space and how children respond to having greater access to nature and artistic expressions.
- *The Tree Lady* by Joseph Hopkins explores 'greening' your cities and appreciating what trees freely offer to us along roads, in parks, or in our yards.
- *The Rain Stomper* by Addie Boswell explores rain dancing, home-made, percussive instruments, and musically matching nature sounds.
- *And the Good Brown Earth* by Kathy Henderson explores phenological changes in a garden and how to make seed bombs that will over extended season blooms.

- *Tea Party in the Woods* by Miyakoshi, Akiko explores simple fruit tea flavors and manners as we politely take a sip at our picnic tea party.
 - *Hollyhock flower teacups have provided June-October, dependent upon weather.*
- *The Other Way to Listen* by Bryd Baylor, explores using our other senses to greater experience nature through quiet reflections and yoga activity.
- *It Looks Like Spilled Milk* by Charles Shaw explores cloud gazing through an interpretive shape activity while encouraging gentle, daily routines to encourage nature connection.

NATURAL FRIENDS SERIES

Our Natural Friends series is designed to help children and adults learn how they can positively affect our own natural spaces and gardens in ways that benefit our whole community.

New! WE SPY BIRDS PERCH & JOURNALING WORKSHOP

Students learn to observe the birds that visit them more deeply by inspecting feathers and bills before making a simple bird perch to encourage long-lasting bird friendships.

New! SPRINGTIME SPIRAL NEST KEEPER WORKSHOP

This is a lesson that will circle around; children helping children. We'll make our spiral nest keeper for children to fill with natural nesting materials birds can select as they prepare a special place for babies of their own.

New! RAINBOW REFLECTORS WORKSHOP

Prevent bird collision accidents by learning about sun orientation, reflective windows, and how to make rainbow reflectors to help our bird friends steer clear.

New! SPROUT FOR BEES STORY TIME

Children learn how a higglety-pigglety seed ball can be full of blooms that will feed our bee-friends for more than one season. Activity includes creative management of mud-made seed balls and discussion our read aloud book, *"And the Good Brown Earth"* by Kathu Henderson.

B-POLLINATORS & BACKYARD HABITATS

STEM activity for grades 3-6

Learn all about our best pollinators and where they live in an engaging activity highlighting the 6 Pollinating B's: bats, beetles, birds, butterflies, bees, and the breeze. Teams explore how B-Pollinators have adapted to find the shelter, food, and safety they need in a habitat and how they can re-engineer 1 pollinators habitat in their own backyards!

- *Presentation needs the use of table space and seats for up to 25 participants.*

ALL ABOUT BEES

A hive role-play activity for grades K-3

Join us on a learning adventure to uncover the mysteries of one of our most helpful garden pals! Experience every step that bees take in their journey to honey makers, learn what the buzz is about pollen, and how bees help plants grow. This is an interactive presentation that includes insect identification, role-play, and modeling exercises.

- *Presentation will need the use of 6 small tables for rotating activity stations for 25 participants.*

A CHICK'S LIFE CYCLE

A station exploration for grades K-2

The presentation will introduce all the stages of development and the delicate needs that mama hens are able to meet to make sure their chicks are safely hatched. Activity station concepts include exploring the full life cycle needs of birds, from hatching environment, chick development, inherited traits, feather placement, food needs, and exploration of bird breeds.

THREAD OF A SILKWORM

Station exploration or assembly for grades K-3

Discover China's most coveted secret-the silkworm! These unique and amazing creatures hatch, eat, and prepare a cocoon of a single silk thread in their metamorphic journey to becoming a moth. Hear the story of Empress Si Ling-Chi and discover how silkworms are raised and silk is made in this interactive presentation.

- Live silkworms are available from May to October, dependent upon weather.

BOOK UPCYCLING PROJECT SERIES

Book upcycling helps libraries recycle and transform out-of-date books stored at the library into reinventive art supplies for our exciting project series guaranteed to help participants jump back into perfectly-imperfect, good, old books. Note that librarians will need to provide a selection of appropriate books for recycling for each participant. Projects are appropriate for ages 12+.

DIORAMA AND SCULPTURE SERIES

Series explores how to create landscape scenes by strategically layering origami-like folds, paper cutouts, wired fixtures, and pop-out structures all from a few pages in a book.

- 4 workshops can be scheduled to explore each element for stationary or hanging book sculptures.

FOLD AND CREASE BOOK PAGE SERIES

Series explores how to utilize folding techniques for tiered and fluid page construction utilizing rolls, bends, and creased folds in open-book sculptures. Sculpture exploration includes pocket pages, gear fan, rolled 3-D shapes, and curling waves.

- 4 workshops can be scheduled to explore each element for upright and flat open-book sculptures.

BEAUTIFUL YOU MIXOLOGY PROJECT SERIES

Learn time-honored herbal traditions for nature beauty solutions and self-care practices that are such an important part of building strong, healthy lives. Each project includes supplies to make a traditional natural beauty solution, discussion of self-care practices, and introduction of routines that address health needs and basic concerns. Registrations are recommended and should be accounted for by your library. Projects are appropriate for ages 12+.

FRAGRANCES & MOISTURIZING OILS

Expose your nose to the keynotes of scent profiles used to make perfume! Use your newfound knowledge to design a luxurious, moisturizing scented oil sampler you can enjoy as a part of your natural pampering routine.

- Please include the allergen alert in your promotional descriptions: *Individuals with scent sensitivity are responsible for regulating their exposure to fragrances while using or being in proximity to activity.*

EXOTIC LIP BALM & NUTRITION

Learn to mix your oils to create the perfect lip balm texture using Frankincense and Shea Butter. Class reviews the nutritional elements needed to nurture from the inside out.

HAND SCRUBS & MASSAGE

Looking for a bit of pampering? Join us as we make soothing lavender hand scrubs and learn effective techniques for self-massage of the hands, arms, and shoulders. It will be a delightful experience you won't want to miss.

BATH SACHETS & AROMATHERAPY

Take relaxing baths to the next level. Learn to create soothing scents by combining fresh or dried herbs and flowers into aromatic bath sachets.

ARTISAN DEEDS SERIES FOR TEENS AND ADULTS

PLENTIFUL HERBS WORKSHOP

No better plants hath been grown than traditional culinary herbs! Impress family and friends with preserves, art, and crafts made from your plentiful herb harvest. We will discuss simple preservation methods and recipes for edible treats before creating a flower press for recycled library books.

EDIBLE FLOWERS AND SIMPLE RECIPES

Learn to use all the edible parts of your plants, even the beautiful petals. Learn about the best edible booms and how to simply incorporate them into your cooking as we sample an herbal butter and make floral Italian sodas.

o *Edible samples will available May to August.*

POTPOURRI & FRAGRANT SACHETS

Use a fragrant selection of dried flowers, leaves, seeds, and fruit to create a fragrant blend that can be used as potpourri, candles, and other air fresheners. Activities will include making orange rinds into dried rosettes that can be displayed as potpourri decorative in your sample fragrance blend.

THE ART OF DESIGNING TEAS SERIES

The art of designing your own artisan tea blends is as complex as sampling wines. Join us as we tea taste single ingredients and begin discovering how we best like our own tea blends. Series explores spice blends, healthful tea blends, iced blends, and how to develop layers of flavor for a designer blend of one's own.

- o *Build a tea club by booking our whole series, one for each season.*
- o *New teas are introduced with each visit, so feel free to refresh your taste buds with repeat bookings.*

LAYERING TEA FLAVORS

Have a sip of history as we discover caffeinated and non-caffeinated teas savored since ancient times, their preservation processes, and why we love our base-note teas. It's the foundation you need to learn how to layer flavors and custom design your own memorial blends.

ICED TEAS & INFUSIONS

The cold affects how our taste buds enjoy the delicate floral and fruity notes in our teas. Explore how to create summer accents and effective flavor infusions that will taste best sipped on warm summer days, over ice.

SPICED TEA BLENDS

Elevate your teas by learning and sampling top notes that act as catalytic flavors, adding that unique mysterious element only your custom blends will have. Discussion will cover spices and floral notes.

HERBAL REMEDY TEAS

Learn about simple teas used as healthy herbal remedies for cold prevention, coughs, upset stomach, and energy. We will discuss herbal sources, properties, preparation, and storage.

PARENT-CHILD TEA PARTY AND STORYTIME

Introduce your children to a sweet time of nature stories, flower cups, and fruity teas. *Tea Party in the Woods* by Miyakoshi, Akiko will be read aloud before exploring how to collect simple ingredients to safely make fruit tea before we learn to politely sip with our picnic tea party etiquette. Tea party is for children ages 4 yrs. + with parents.

- *Hollyhock flower teacups are available June-October, dependent upon bloom time.*
- *Build a tea club that explores fruits and edible flowers, and encourages children to practice their good manners.*

EXPLORE GARDENS AND AGRICULTURE

NEW! SPIN THE EARTH

Available for Storytime activities and Assemblies | Grades 2-8

Explore how the shortest day of the year has affected people, cultures, and creatures through history as we travel further from the sun and closer to understanding its effects on our planet. The presentation includes an oral story steeped in rich cultural history and interactive modeling of techniques used to track shadows and time.

- Expanded projects include exploration of solar orientation, temperature by latitude, and phenological effects on living creatures and plants.

PLANTING BY LUNAR LIGHT

A STEM station activity for grades 3-Adults

Learn how the waxing and waning moon can grow stronger plants. In our presentations, we teach how the moon is closely linked to the success of growing plants through gravity-altering water levels and planet rotation-boosting photosynthesis. It's just what you need to discover how to grow plants that are out of this world! Activity station concepts include exploration of the 4 primary phases of the moon, lunar rotation, and gravitational effects on water/ tides.

THE SOIL BIO-VERSE EXPLORERS

A STEM team and collaborative design activity for grades 5-Adults

Students explore elements of the soil ecosystem as they come to understand that soil ecology is key growing successful plants. Hands-on stations explore particle and soil types, soil chemistry, bacteria multiplication and energy, ground covers and composting, water and detoxification, and an introduction to key microorganisms. Presentation format divides participants into teams which work to collaboratively solve how each element works together in cycling nutrients for plants.

NATIVE PEOPLES AND PLANTS

A cultural story time and station exploration for grades 3-Adults

Introduce students to America's first land stewards, the Native American Indians. Being a steward of the land was an integral part of Native American culture. Using stories and building tribal traditions, native peoples identified plants, their uses, their growth habits, and habitats, and even planned continuation strategies to assure a balanced ecological food web. Join us as we explore traditional Native Indian land stewardship techniques including an activity highlighting rope making as a creative recycling skill.

ALCHEMY OF ANCIENT EGYPT

A station activity for grades 5-Adults

Learn about how the Ancient Egyptians used observations of the natural world and began studying, experimenting, and developing the foundation contributions to linguistics, chemistry, medicine, engineering, and astronomy. Students will become modern-day alchemists by experiencing hands-on stations that explore each of these historically- based sciences that were once thought mystical mysteries.

GARDENS TO SAVOR

GARDENS TO ENHANCE YOUR MEMORY

Learn how to design a garden space and the strategies for using it to expand our memorization capacity. Based on ancient Greek oratory techniques your garden can be used for memory support, studying, or just to make lasting impressions.

GARDENS FOR THE SENSES

Let's discuss how to create a garden space with healing and sensory stimulating features for will invigorate your eyes, nose, tongue, ears, and hands. Plants are a wonderful way to invigorate, energize, stimulate wonder in any space.

PLANTING A TEA GARDEN

Mingling our popular Art of Designing Teas workshop with gardening is a natural progression for those who love creating artisan teas. Join us as we discuss tea garden designs with plant preferences in mind.

AROMATIC GARDEN DESIGN

Whether you want fragrances for hydrosols, potpourris, candles, or for aromatherapy, you want to miss our discuss of plants, their pairings, uses, and tricks for their addition in new and existing gardens. Participants will create a orientation diagram with plants whose aromas must be kept close in your gardens.