

Introduction to Goats & Cheese-making

8-8:30 - Prep tables, chairs, and tents for 15 people

- chairs and tent from AC shed, table cloth washroom

8:30-9:15 - Prep cheesemaking and icecream stations

- Stove, milk, materials, herbs

9:15-9:50 - Clean and set up welcome table, coffee and mistica

9:50-10:10 - Arrival

10:10-10:25 - Mistica and Introductions (Brooke)

- Welcome and Mistica
- Opening Circle- Names, pronouns, what is something you have heard about goats or something you're interested in learning about goats?

10:25-10:50 Overview of Goat Collective (Leah and Wangui)

- Intro to Goats and Collective (Leah)
 - Values: Relationships based on mutual care/ reciprocity, cooperation, liberation, food sovereignty. Goat-human co-evolution
 - Reciprocity Exchange: Food, water, shelter, space, protection in exchange for milk, meat, hides and wool, and love and companionship
 - Collective sharing or responsibilities: milking, feeding, maintenance, rotation, doula
- Experience with BAFFT and Goat Apprenticeship (Wangui)
- Meet and commune with goats (give treats, observe, how do they respond to you, how do they interact, what might you notice different about them than other herbivores?)

10:50-11:20 Goat milking demo and practice (Leah and Wangui)

- Milking overview: Communicating with goats, gratitude, milking steps
- Milking demo, practice and discussion
 - What have you noticed about goats so far? Share observations

11:20-11:50 Cheesemaking (Leah)

- Squeeze lemons and Heat up milk to 186 degrees
 - Fun facts about goat milk nutrition
- Add lemon to hot milk
- Match and guess what herbs (Brooke)

11:50-12 Closing Circle Reflections and Sensations

- What is a feeling or sensation that came up for you today, or what something you learned or want to learn more about?

12-1 Clean up and Break Down!

Supplies to Bring:

Ingredients:

- 4 cups Fresh goat milk
- 1/3 cup lemon juice (5 lemons?)
- Salt
- Herbs
- Honey?

Cheese Supplies:

- Stove and propane (multiple stoves one day??)
- Pot
- Cheese thermometer
- Strainer
- Cheesecloth
- Bowl for straining whey
- Stirring spoon
- Knife
- Cutting board
- Small jars for take home/Little napkins or paper mini-cups for serving cheese
- Apples, figs or crackers depending on season
- Table
- Table cloth
- Dish towels

Icecream Materials:

- Milk
- Fruit
- Honey
- Icecream maker
- Extension Cord

Other:

- Mistica and Books
- Fire extinguisher
- Cheese zines

Night before:

- Make schedule
- Get lemons
- Test stove