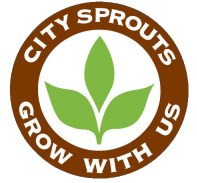


Growing Gardeners Workshop Series

Spring 2015



Please RSVP to gardenmanager@omahasprouts.org

GARDEN SKILLS



STARTING TOMATOES with Ali Clark

Tuesday, March 31st 6PM – 8PM at City Sprouts, 4002 Seward Street

Learn how to start your own tomato plants from seed and take home a seed-start! \$5.

FUNGUS AMONG US: THE ECONOMY OF FUNGI with Jonathan Dodd

Tuesday, April 14th 6PM - 7:30PM at City Sprouts, 4002 Seward Street

During this workshop you will learn how to recognize the patterns found in mycelium and the ecosystem, and how mushrooms can save the world. You will also learn basic techniques for creating a mushroom enterprise business.

BACKYARD ECOLOGY with Jack Phillips

Thursday, April 23rd 6PM – 8PM at City Sprouts, 4002 Seward Street

Walk through our gardens and explore the many integrated layers of the garden. Take home ideas to make your home garden a more balanced ecosystem! \$5.

HERBS: PLANTING, PROPAGATION, AND COOKING with Cait Caughey

Thursday, April 30th 6PM – 8PM at City Sprouts, 4002 Seward Street

Learn how to incorporate herbs into your garden, seeding and propagation techniques, and recipes that use these small yet powerful plants! Free.

USING COVER CROPS IN THE GARDEN with Tyler Magnuson

Thursday, May 28th 6PM – 8PM at Big Muddy Urban Farm, 3215 California Street

Learn from an experienced farmer the importance of caring for your soil, how to incorporate cover crops into your home garden, and other soil-health techniques. Free.

VERMICOMPOSTING AND COMPOSTING AT HOME with Cait Caughey

Thursday, June 4th 6PM – 8PM at City Sprouts, 4002 Seward Street

Are you interested in setting up a composting system at your home or composting with worms? Learn how easy composting at home can be and how to design a system that will fit your needs. Put your food scraps to work! Free.

CANNING & COOKING

PLANNING FOR CANNING with Ali Clark

Tuesday, March 24th 6PM – 8PM at City Sprouts, 4002 Seward Street

Learn how to plan and plant your garden for a season of maximum food preservation. \$5

FERMENTED FOODS 101 with Guest Instructor & Cait Caughey

Thursday, May 14th 6PM – 8PM at City Sprouts, 4002 Seward Street

Learn the benefits of consuming fermented foods like kimchi, sauerkraut & kombucha, and how to make a variety of recipes at home in your own kitchen. Every participant will get to take something home. \$5



No RSVP necessary for events on this side.

FOR THE KIDS!

LITTLE SPROUTS PROGRAM with Ali Clark

Every Saturday May 30th – July 25th 10AM – 11:30AM at City Sprouts, 4002 Seward Street

The garden is a great place for learning, especially for curious little ones! Learn from different experts about gardening, pollinators, cooking and more! Free, ages 5+

SEASONAL CELEBRATIONS

SPRING FLING

Saturday, May 30th 11AM – 1PM at City Sprouts, 4002 Seward Street

Celebrate the coming of spring, with the company of others! Family friendly, activities for kids, snacks and light beverages will be provided. Free



SUMMER SOLSTICE CELEBRATION

Saturday, June 20th 11AM – 1PM at City Sprouts, 4002 Seward Street

Celebrate the changing seasons with summer solstice in the garden. Family friendly, activities for kids, snacks and light beverages will be provided. Free

WELLNESS

MOVEMENT IN THE GARDEN with Cait Caughey, Ali Clark & Guest Yoga Instructor

Saturday, May 23rd 10AM – 12PM at Big Muddy Urban Farm, 3215 California Street

Every urban gardener and farmer needs to take care of their most important resource – their body! Spend two hours learning stretches, yoga poses, and another tips for taking care of yourself during the growing season. Free.

SOMETHING FOR EVERYONE



BIG GARDEN SEED SHARE

Saturday, March 28th 2PM – 4PM at Urban Abbey, 1026 Jackson Street

Bring any seeds you have to share, take home seeds for your garden, enjoy a demonstration on starting seeds indoors, and learn about saving your own seed this growing season. No experience or knowledge required, and all ages are welcome! Free

LOCAL FOOD ON A BUDGET with Cait Caughey & Ali Clark

Thursday, April 9th 6PM – 8PM at City Sprouts, 4002 Seward Street

Learn how to incorporate more local & organic food into your life, even on a tight budget. We will discuss everything from CSAs, the best retail spots to buy local, tips for shopping at the farmer's market, and advice from experts. Free.

The Growing Gardeners Workshop Series is a collaboration between City Sprouts and the Big Garden in Omaha, Nebraska. Our purpose is to offer four seasons of hands-on workshops that feature skills and techniques for every gardener and urban farmer: growing, cooking, preserving, and eating healthy local food. All workshops are free or low-cost, all-ages, and no one will be turned away for inability to pay.

For more information please contact Cait Caughey at ccaughey@bigmuddyumc.org or Ali Clark at gardenmanager@omahasprouts.org.