

GROWING GARDENERS

workshop series

LATE SUMMER 2019



PLEASE NOTE: All workshops are free and REQUIRE ADVANCE REGISTRATION on www.growinggardeners.org.
Classes with fewer than 5 registrations may be cancelled or postponed.

- JULY -

HARVESTING + CROP STORAGE

with Aaron French & Shannon Gennardo

Wednesday, July 10th 6-8PM at City Sprouts, 4002 Seward St
Experience hands-on learning on proper harvesting techniques for summer crops, plus tips and tricks for longer term storage. This workshop is part of the Urban Ag School.

FALL SEED STARTING

with Cait Caughey, Kay Wilwerding, & Erin Higgins

Monday, July 15th 6-8PM at The Big Garden, 5602 Read St
Learn proper seed starting techniques to keep your garden going well into the fall months. Our step-by-step process will cover most crops and can be replicated at home. Learn what crops do well as a second late-season planting. This workshop is part of the Urban Ag School.

BREAKING DOWN A WHOLE CHICKEN

with Bryce Coulton & Erin Higgins

Saturday, July 20th 10AM-12PM at The Big Garden, 5602 Read St
Local chef Bryce Coulton will take us through the process of breaking down a whole chicken. We'll learn a couple of new recipes using local, in-season produce straight from the garden.

CUCURBIT SEED SAVING

with Cait Caughey & Alex O'Hanlon

Monday, July 22nd 6-8PM at The Big Garden, 5602 Read St
Join us for this interactive workshop to learn techniques for saving the seeds of cucumbers, melons, and squash! This workshop is part of the Urban Ag School.

HERBAL MEDICINE CABINET III: FRUIT AND HERBAL VINEGARS

with Alex O'Hanlon & Anna Brun

Wednesday, July 24th 6-8PM

at City Sprouts, 4002 Seward St

Looking for new ideas to deal with the yearly influx of fruit? Come learn how to make it into vinegar! We will also learn how to infuse vinegars and discuss its many uses.



- AUGUST -

HERBAL MEDICINE CABINET IV: CANNING ELDERBERRY SYRUP

with Shannon Gennardo & Alajia McKizia

Saturday, August 3rd 3-5PM at City Sprouts, 4002 Seward St

If you don't already love elderberries come to this class to learn about this wonderful medicinal, native shrub and how to capture its potency in a syrup that can be preserved and used year round. If you already love elderberries, come celebrate abundance with us! Everyone will go home with a jar a syrup.

LACTO-FERMENTATION: PICKLES + KRAUT with Alex O'Hanlon & Aaron French

Thursday, August 8th 6-8PM at City Sprouts South Education Center, 5002 S19th St

Fermented foods are delicious and healthful, join us to learn the basics of lacto fermenting vegetables, everyone will go home with a jar or pickles or kraut.

BEEKEEPING with Shannon Gennardo & Anna Brun

Wednesday, August 14th 6-8PM at City Sprouts, 4002 Seward Street

Learn the basics of honeybees and beekeeping. We will be moving throughout the garden observing foraging bees and have the opportunity to observe a functioning hive in our community garden as well as a closed observation hive. Beginning bee enthusiasts of all ages welcome! This workshop is part of the Urban Ag School.

TOMATO SEED SAVING with Erin Higgins & Kay Wilwerding

Wednesday, August 26th 6-8PM at The Big Garden, 5602 Read St

In this workshop, you will learn the techniques you need to become a more sustainable, resilient grower by saving your own tomato seeds for next year. This workshop is part of the Urban Ag School.

BUILDING HEALTHY AND DELICIOUS MEALS

with Ashe Milkovic, Nutritional Health Coach of Natural Grocers

Wednesday, August 28th 6-7PM at City Sprouts, 4002 Seward St

Discover how easy it is to build healthy, balanced, and delicious meals for you and your family! Learn how to choose high quality, nutrient-dense foods that nourish your body and give back to the environment as well.



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. All workshops are free or low-cost, all-ages, and no one will be turned away for inability to pay.

FOR ADVANCE REGISTRATION:

visit www.growinggardeners.org and click on workshops