# GET UP! FALL 2018
## COURSE OUTLINE

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<th>Session</th>
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| Session 1 | Saturday 9/8 | WELCOME TO GET UP! / TOOL CARE  
Course goals, overview, and garden tour. First lessons: Caring for, and safely using, garden tools. |
| Session 2 | Saturday 9/15 | GARDEN DESIGN / RIGHT PLANT RIGHT PLACE  
GFE's philosophy of organic gardening really comes down to this one basic principle: **Right Plant, Right Place**. GFE garden expert Hilary Gordon will explain how this influences all aspects of your garden, how to wrap your head around garden design, and what the concept of microclimates has to do with these. Plus, you'll get your hands in the compost for the first time! |
| Session 3 | Thursday 9/20 | CLIMATE CHANGE / WHY WE GARDEN  
This evening, Hilary will return, and will discuss why it is we garden, and what this has to do with the bigger issues of weather patterns, climate change and regenerative environmental practices. Trina will also demonstrate yearly sun and shade patterns, and we'll investigate together why these matter in the long-term view of gardening. |
| Session 4 | Saturday 9/22 | RAISED BED CONSTRUCTION  
Former GFE staff person and veggie-growing master Adam Long will explain why we grow food in raised beds. Then, it's time to build a new, Get Up! 2018 raised bed with Adam and 2017 Get Up! graduate and amazing carpenter, Rino Bortolin. |
| Session 5 | Thursday 9/27 | WORM COMPOSTING  
Tonight, you'll learn about the wonderful world of worm composting! Our favorite Bay Area worm enthusiast, Lynn Adams, will show you how to establish, maintain and harvest from a worm bin. Worm composting is a great way to compost in small urban spaces because you don't need a yard to do it! |
| Session 6 | Saturday 9/29 | SOIL HEALTH  
Learn about the basics of soil, the foundation of a healthy garden. Emilie Winfield will cover different types of soil texture (and why that matters), soil nutrients, and what we mean when we say “soil solution.” |
| Session 7 | Saturday 10/6 | WATER & IRRIGATION  
Water is vital to plant health, but it's more complicated than just giving plants water. Ellyn Shea will explain how determine how much water your plants need, review the concept of “hydrozones”, and you will learn how to install a drip irrigation system yourself! |
| Session 8 | Thursday 10/11 | FILM NIGHT: SUSTAINABLE ENVIRONMENTAL PRACTICES  
We'll learn about the history and current issues facing sustainable agriculture and ecology in California and around the world. |
| Session 9 | Saturday 10/13 | FIELD TRIP: ECOLOGY AND URBAN AGRICULTURE IN SF  
Today we’ll get acquainted two local and inspiring San Francisco environmental non-profits. First, we’ll head to a location TBA, then we'll visit San Francisco’s largest urban farm, Alemany Farm. |
| Session 10 | Saturday 10/20 | URBAN COMPOSTING BASICS  
Trina will dive into the amazing world of compost. It’s a little bit recipe, a little bit magic, and a whole lot of goodness for gardens and the ecosystem! We'll chop, sift, turn, and learn more about how compost is produced and how it's used. |
| Session 11 | Thursday 10/25 | EXPERT PANEL: SAN FRANCISCO ECOLOGY AND URBAN AG TODAY  
We'll unpack political issues facing San Francisco's ecology and urban agriculture worlds with a panel of incredible guest speakers. |
### Session 12  
**PRUNING**  
**Saturday 10/27**  
Sound pruning is vital for plant health and Hilary will teach you how to make basic pruning cuts, and also the principles and techniques to inform wise pruning decisions.

### Session 13  
**GROWING YOUR OWN FOOD / INTEGRATED PEST MANAGEMENT**  
**Saturday 11/3**  
GFE gardening veteran and longtime advocate Carey Craddock will share her expertise on growing food in San Francisco’s distinctive microclimates. Then, in the afternoon Integrated Pest Management expert Suzanne Bontempo will teach you what IPM is, and how to practice it in your garden.

### Session 14  
**PROJECT PLANNING: YOUR SPRING 2019 PROJECT**  
**Thursday 11/8**  
Learn about the different possible sites for your spring service project and begin to think about where you want to complete your service hours.

### Session 15  
**FIELD TRIP: JEPSON PRAIRIE ORGANICS**  
**Saturday 11/10**  
Get Up! has the amazing and very special opportunity to visit one of Recology’s industrial compost facilities in Vacaville. This is one of the locations where the Bay Area’s green waste is taken to be composted – it’s hot composting like you’ve never seen before!

### Session 16  
**TEACHING YOUR COMPOSTING WORKSHOP: PART I**  
**Thursday 11/15**  
Tonight we’ll learn about teaching outdoors with Trina, using the framework of the public composting workshop you will teach upon graduation.

### Session 17  
**PROPAGATION**  
**Saturday 11/17**  
Starting plants from seeds, taking cuttings, and making divisions all rely upon understanding plant life cycles. Hilary will demystify these practices, and you will leave with new plants of your own!

### Session 18  
**FINAL EXAM AND COURSE REVIEW**  
**Thursday 11/29**  
Tonight, you’ll take the Get Up! final exam. After everyone is done, we’ll review the exam and the concepts we’ve learned together this fall.

### Session 19  
**TEACHING YOUR COMPOSTING WORKSHOP: PART II**  
**Saturday 12/1**  
Former Get Up! facilitator and Education Outside’s Director of Programs, Hannah Shulman, will help you put your newly learned teaching skills into action at our composting systems! Then, you will break into groups and give five-minute presentations to your colleagues, receiving valuable feedback that will prepare you for co-teaching a Spring 2019 GFE composting class.

### Session 20  
**GET UP! GRADUATION!**  
**Thursday 12/6**  
Invite your friends and family to your potluck graduation celebrating you, graduates of the 22nd Annual Get Up! class!