GET UP! FALL 2021 COURSE OUTLINE

Please note that due to the ongoing COVID19 situation and wildfire smoke risk, sessions are subject to change.

Session 1  WELCOME TO GET UP! / TOOL CARE  Saturday 9/11  Garden for the Environment director Maggie Marks, Get Up! facilitator Trina Lopez, and Program Manager Chris Krupa will welcome you and get you acquainted with the garden. After a morning overview of the course and garden tour, in the afternoon you’ll get acquainted with GFE’s compost system, “adopt” a pair of GFE pruners, and learn about basic tool care.

Session 2  GARDEN DESIGN / RIGHT PLANT RIGHT PLACE  Saturday 9/18  GFE’s philosophy of organic gardening really comes down to this one basic principle: Right Plant, Right Place. Former GFE staff, longtime garden mentor and environmental enthusiast Hilary Gordon will explain how this influences all aspects of a garden including plant choice and design, and what the concept of microclimates has to do with these. In the afternoon, we’ll continue to get to know the garden with hands-on activities.

Session 3  SOIL HEALTH  Saturday 9/25  Learn about the basics of soil, the foundation of a healthy garden. Community organizer, social activist, and Hummingbird Farm staff Tere Almaguer will cover various aspects of soil, including different types of soil texture (and why that matters), soil nutrients, and what we mean when we say “soil solution.” She will also discuss soil in relation to the San Francisco we now inhabit that is the rightful land of the Ramaytush Ohlone first peoples.

Session 4  CLIMATE CHANGE / WHY WE GARDEN  Thursday 9/30  In our first Thursday evening class, Hilary Gordon will return to discuss why we garden, and what this has to do with the bigger issues of weather patterns, climate change, and regenerative environmental practices. We will have Zoom breakout sessions to discuss these critical topics and our feelings about the changes we are witnessing relating to them.

Session 5  WATER AND IRRIGATION  Saturday 10/2  Water is vital to plant health, but it’s more complicated than just giving plants water. Professional gardener and certified arborist Ellyn Shea will explain how to determine how much water your plants need, review the concepts of hydrozones and soil basics, and much more. You will also get hands-on experience with assembling parts of a drip irrigation system. In the afternoon, you’ll review and amend some irrigation situations at GFE that can use your help!

Session 6  SAN FRANCISCO LAND: ITS MANIPULATION AND RESTORATION  Thursday 10/7  What is the history of the lands on which we live here in the Bay Area? What does it mean to understand the human and ecological background of where we live -- its beauty, violence, and manipulation? Panelists from SF environmental organizations Sutro Stewards, Hummingbird Farm, and Literacy for Environmental Justice will discuss our Bay Area land lineage and how we can honor its native peoples, flora, fauna, and land, and be wise environmental stewards to help our beautiful and suffering area thrive.

Session 7  COMPOSTING EXTRAVAGANZA! URBAN COMPOSTING BASICS + WORM COMPOSTING  Saturday, 10/9  In the morning, 2015 Get Up! graduate, garden educator, and Urban Composting instructor Charlotte Canner will take you on a detailed journey 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 planet! After lunch, you’ll learn about the wonderful world of worm composting! Our favorite Bay Area worm enthusiast (and President of the Pacific Beach Coalition) 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!
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Session 8  
Saturday 10/16  
**GROWING YOUR OWN FOOD, PART 1**  
San Francisco gardening enthusiast, community organizer, and environmental advocate Isaiah Powell will share his experience and expertise with growing food in San Francisco’s distinctive microclimates, and how fruit and vegetable cultivation in urban spaces can be a means of strengthening neighborhoods, providing food security, and revitalizing neglected spaces.

Session 9  
Thursday 10/21  
**GROWING YOUR OWN FOOD, PART 2**  
Tonight, you'll get to learn more about best approaches to growing your own food with Get Up! graduates who went on to apply the skills they learned in the program to their professional lives! Join longtime landscaper and GFE instructor and advocate Carey Craddock and 2015 Get Up! graduate and gardening professional Sam Wilder in a casual discussion of growing food in San Francisco’s very special microclimate, and bring your questions from last Saturday’s session to have them answered by these experienced gardeners.

Session 10  
Saturday 10/23  
**INTEGRATED PEST MANAGEMENT -- WHAT'S THAT?**  
If you’ve never heard of Integrated Pest Management (IPM), don’t worry! You’ll learn what it is and will likely find it more interesting than the name implies. Longtime GFE instructor, landscaper, and community IPM educator Suzanne Bontempo will teach you this ecologically-minded approach to controlling garden pests and diseases and how to put its principles into practice.

Session 11  
Thursday 10/28  
**PROJECT PLANNING: YOUR SPRING 2022 PROJECT**  
You’ll earn about the different possible sites for your spring garden service project from local environmental non-profit representatives through mini-presentations, and begin to think about where you want to complete your 40 garden community service hours.

Session 12  
Saturday 10/30  
**PRUNING PERENNIAL PLANTS**  
Pruning is vital for plant health and Jamie Chan of Fog City Gardener and Sisterhood Gardens will teach you how to make basic pruning cuts, and share the principles and techniques that inform wise pruning decisions. You’ll then apply what you’ve learned to beautify some of GFE’s shrubs and trees in the afternoon.

Session 13  
Saturday 11/6  
**PLANTS WANT TO REPRODUCE! TYPES OF PLANT PROPAGATION**  
You may have planted seeds, but are you aware of all the different ways plants can reproduce? From corms, cuttings, and divisions to stolons and layering, Angel Garcia of Bramble and Vine Landscaping and a founding member of SF’s Tunnel Top Park will unlock the wonder of how you can get your plants to multiply in ways you never imagined! You’ll have plenty of hands-on time to investigate various examples and take some home with you, too!

Session 14  
Thursday 11/11  
**RECOLOGY SF: AIMING FOR A ZERO-WASTE CITY -- REDUCE, REUSE, RECYCLE!**  
Now that you’ve learned the basics of composting, Ailsa Harju of Recology SF will explain what happens to your trash, recycling, and compost after it goes into your bins, and what you can do to ensure a well-functioning waste disposal system that gets us closer to zero waste every day. She’ll provide a virtual tour of the SF Recology Transfer Station, tell you about the Artist-in-Residence Program, and answer all your questions so you can educate your community about how to be master waste sorters!

Session 15  
Saturday 11/13  
**FIELD TRIP DAY 1: ALEMANY FARM + HUMMINGBIRD FARM**  
In the first of two field trip days, we’ll visit and get acquainted with two local and inspiring San Francisco environmental nonprofits – Alemany Farm (San Francisco’s largest urban farm, restarted by two Get Up! students in 2005) and Hummingbird Farm, part of PODER (People Organizing to Demand Environmental and Economic Rights). You’ll learn from leaders of these organizations about their work to support the community, and participate in hands-on activities that will help them achieve their goals and get you practicing your gardening skills!
Session 16  
**TEACHING YOUR COMPOSTING WORKSHOP: PART I**  
Thursday 11/18  
Tonight we’ll learn about basic teaching approaches with a concentration on outdoor education with former GFE staff member and longtime environmental educator Hannah Shulman. Her engaging, interactive presentation will help prepare you for co-teaching your Urban Composting workshop at GFE in 2022.

Session 17  
**FIELD TRIP DAY 2: LATONA GARDEN + CLIMATE ACTION NOW! (CAN!)**  
Saturday 11/20  
On our second field trip day, we’ll visit Latona Garden in the Bayview neighborhood, revitalized by Dragonspunk GRO, and in the second half of the day, we will be somewhere in San Francisco (location TBA) helping Climate Action Now! (CAN!) plant trees and shrubs to increase our green spaces. Both organizations were born of their founders’ deep love of our planet, and your efforts at both locations will help continue to make our city a more beautiful and healthier place to live.

Session 18  
**FINAL EXAM / COURSE REVIEW**  
Thursday 12/2  
By now, you will have taken your final online, and we will spend this session reviewing it together and the concepts we’ve learned together this fall. You’ll be astounded by how much you’ve all learned!

Session 19  
**TEACHING YOUR COMPOSTING WORKSHOP: PART 2 / GRADUATION!**  
Saturday 12/4  
Trina 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 2022 GFE composting class. If the COVID19 situation does not allow for us to meet on Thursday, 12/9 for an in-person graduation, we’ll have your graduation this afternoon in the garden!

Session 20  
**TBA – GET UP! GRADUATION! OR POST-GRADUATION CASUAL GATHERING**  
Thursday 12/9  
We hope to be able to gather in-person at a location TBA to celebrate your amazing accomplishments as graduates of the 25th year of the Get Up! program! Depending on the COVID19 situation, this may be your formal graduation or a casual, outdoor gathering.