

Growing Gardeners Workshop Series



LATE SUMMER 2018

Workshops marked with a star require registration, email learn@omahasprouts.org for details!

- JULY -

FOOD JUSTICE: A community conversation on racism and colonization in the food movement facilitated by Dawaune Hayes

Thursday, July 5th 6-8 PM at The Study, 2417 Burdette Street

Join us for a circle discussing racism and colonization in the current food system. How do we as participants and leaders in the food movement work for justice? What is possible here in Omaha? This is a facilitated conversation and safe space for anyone who has an interest in food and farming to join in.

NATURAL SKIN CARE with Ashe Milkovic, NTC

Saturday, July 7th 3-5 PM at City Sprouts North, 4002 Seward Street

Learn how to balance your skin by using natural, homemade products and nutritional approaches that will keep your skin healthy. We will also learn how to make a facial toner and sugar scrub.

I LOVE THE PRAIRIE with Cait Caughey and Lance Brisbois of Golden Hills RC&D

Monday, July 9th 6-8 PM at The Big Garden, 5602 Read Street

This class is for adults and children who want to learn more about prairie plants! We will plant a prairie pollinator strip at The Big Garden.

FALL GARDENING with Aaron French

Wednesday, July 11th 6-8 PM at City Sprouts South, 5002 South 19th Street

Learn the ins and outs of starting cold weather crops in the heat, and how to harvest through the frost.

***FERMENTED PICKLES** with Alex O'Hanlon

Wednesday, July 18, 6-8 PM at City Sprouts North, 4002 Seward Street

Pickles don't have to be made with vinegar! Learn how to lacto-ferment vegetables to make different kinds of pickles.

AGROECOLOGY with Kate McFarlan

Thursday, July 19th 6-8 PM at City Sprouts South, 5002 South 19th Street

Join a representative from the National Agroforestry Department to learn all about how to enhance your edible landscape with trees.

***VINEGAR PICKLES** with Clare Maakestad

Saturday, July 21st 1-3 PM at City Sprouts North, 4002 Seward Street

We will cover the basics of waterbath canning and how to make different types of pickles.

COOKING FROM THE FARMERS MARKET with Jacqueline Endorf

Monday, July 23rd 6-8 PM at The Big Garden, 5602 Read Street

This class is for parents and individuals who want to make simple, plant-based meals using in season ingredients! Jacqueline is a mother who specializes in kiddo friendly meals!

INTRODUCTION TO HONEYBEES with Shannon Gennardo

Wednesday, July 25th 6-8 PM at City Sprouts North, 4002 Seward Street

A hands on workshop for folks who are exploring starting their own hive, or for anyone curious about honeybee life and honey production. Honey tasting, closed observation hive viewing, colony life, plants for pollinators, play with beekeeping equipment, and garden walk. All ages!

FERMENTATION 101 with Alex O'Hanlon

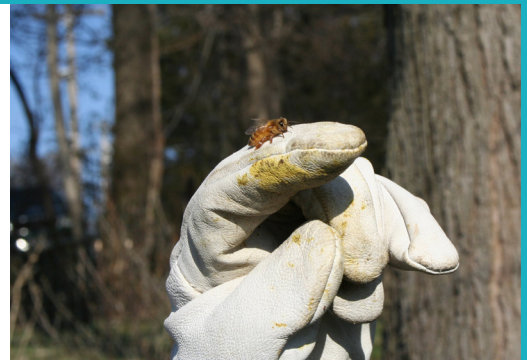
Thursday, July 26th 6-8 PM at City Sprouts South, 5002 South 19th Street

In this hands on workshop, Alex will go over the basics of lacto fermentation, and everyone will leave with a sauerkraut starter to take home.

CANNING SUMMER VEGGIES with Cait Caughey

Monday, July 30th 6-8 PM at The Big Garden, 5602 Read Street

We will do water-bath canning of summer vegetables that are in season.



- AUGUST -

BLANCHING AND FREEZING VEGGIES + DRYING HERBS with Kay Wilwerding

Wednesday, August 1st 6:00 - 7:30PM at The Big Garden, 5602 Read Street

Join us as we process and store produce from the garden. Learn the following techniques; blanching, freezing, and drying.

DIY HOUSEHOLD CLEANING SUPPLIES with Stephanie Finklea

Monday, August 6th 6:30 - 8:30 PM at The Big Garden, 5602 Read Street

Join us for a hands-on workshop on how to make chemical-free household cleaning products for your home!

SCHOOL GARDENING FOR TEACHERS! with Cait Caughey and Joey Vickery

Tuesday, August 7th 6-8 PM at The Big Garden, 5602 Read Street

Come join the school garden movement! Cait and Joey Vickery (OPS 4th Grade Teacher) will walk you through how they have worked together to build and develop a successful school garden and school garden education programs. This workshop is for teachers, but open to anyone who wants to learn more.

***HERBAL FIRST AID: SALVES** with Shannon Gennardo

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

Learn about the basics of an herbal first aid kit and make a healing salve to take home.



PICKLING 101 with Erin Higgins

Monday, August 13th 6-8 PM at The Big Garden, 5602 Read Street

Pickling is a great way to store veggies, come learn some simple techniques for making delicious pickled treats!

COOKING AND PRESERVING YOUR GARDEN'S BOUNTY with Rebecca Reagan

Wednesday, August 15th 6-8 PM at City Sprouts North, 4002 Seward Street

Don't know what to do with Swiss chard? Have zucchini coming out of your ears? No problem! Learn how to prepare and preserve the beautiful, fresh produce that you have harvested from your garden.

ELDERBERRY SYRUP with Alex O'Hanlon

Thursday, August 16th 6-8 PM at City Sprouts South, 5002 South 19th Street

We will cover the basics of waterbath canning with elderberries and discuss the benefits of elderberry syrup. This class is part of the herbal series at City Sprouts South.

STARTING SEEDS FOR THE FALL GARDEN with Cait Caughey

Monday, August 20th 6-8 PM at The Big Garden, 5602 Read Street

It is time to plant the Fall garden. Join us for hands-on demonstrations of starting seeds, planting, and resources to help you have a bountiful fall harvest.

SEED STARTING with Mary Hanten

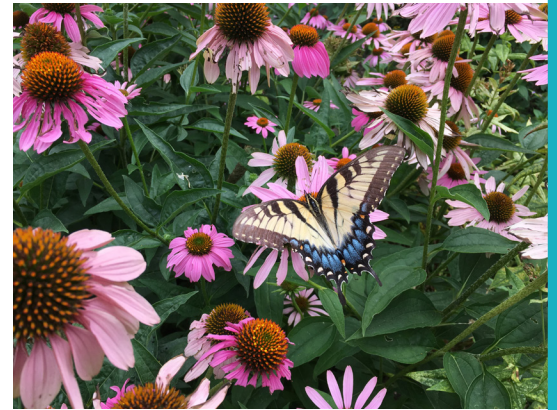
Thursday, August 23rd 6-8 PM at City Sprouts South, 5002 South 19th Street

Experienced grower Mary will demonstrate seed starting techniques. This workshop is part of the seed saving series at City Sprouts South.

***GROW WITH US GALA** An Afternoon of Culinary Adventure

Sunday, August 26th 1:30-4 PM at Metropolitan Community College, Institute for the Culinary Arts (5370 N 30th St, Omaha, NE 68111)

Join us for an afternoon of culinary adventure with guest chefs creating signature dishes at cooking stations in the room, showcasing the seasonal flavors of our gardens. *Tickets must be purchased in advance at omahasprouts.org.



MAKING VINEGAR with Alex O'Hanlon

Thursday, August 30th 6-8 PM at City Sprouts South, 5002 South 19th Street

City Sprouts South Garden Manager Alex O'Hanlon will demonstrate how to make vinegars from summer fruits.

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. Questions? Contact Cait (ccaughey@biggarden.org) or Rebecca (learn@omahasprouts.org).

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