

# Growing Gardeners Workshop Series



Fall 2016 - August through October

## GARDEN SKILLS

### SEED SAVING 101 with Mary Hanten

Wednesday, September 14 — 6:00 - 8:00 PM

The Big Garden, 5602 Read Street

Why buy new seeds for your garden every year when you can save the ones your plants make? Mary Hanten, of the Big Garden, will walk us through the basics of seed saving. **Free!**

### COVER CROPS FOR SOIL HEALTH with Tyler Magnuson

Thursday, September 29 — 6:00 - 8:00 PM — City Sprouts, 4002 Seward Street

Using cover crops in your garden is a great way to not only improve the health of your soil but also to mitigate weed pressure. Tyler Magnuson will be teaching us how to incorporate these into your garden at home. **Free!**

### BACKYARD CHICKENS with Anita Soto

Saturday, September 24 — 12:00 - 2:00 PM — City Sprouts South, 20th and N St.

Join Anita Soto as she teaches us about keeping chickens in our backyards. This is a great class for beginners! **Free!**

### EDIBLE LANDSCAPES with Jack Phillips

Wednesday, September 28 — 6:00 - 8:00 PM — City Sprouts, 4002 Seward Street

Jack Phillips is a naturalist, nature writer, registered arboricultural consultant, and Principal at the New Tree School. He's devoted himself to the study of native North American ecosystems and nature education. He will be leading us through the City Sprouts campus to show us what is edible in the landscape all around us. **Free!**

### OVERWINTERING CROPS with Carol Dona

Wednesday, October 5 — 5:30 - 7:30 PM — City Sprouts, 4002 Seward Street

Carol Dona, long time City Sprouts community gardener, will lead a hands-on workshop about what you can start planting in the late fall for harvest next season. **Free!**

### CREATING AN HERBARIUM with Mary Hanten

Wednesday, October 19 — 6:00 - 8:00 PM — The Big Garden, 5602 Read Street

Come learn how to build an herbarium, a collection of pressed and preserved plant specimens used to study and enjoy the beautiful variety of plants found around us.



## GARDENING ALL OVER TOWN

### TOUR DE GARDEN

Sunday, September 11 — 9:00 AM - 2:00 PM — On your bicycle

Omaha Bicycle Company is hosting their yearly self-guided bicycle tour of Omaha's community gardens. The ride starts at 9:00 AM at 6015 Maple Street. If you can't make the ride, come to the Benson Community Garden (1302 N 60th Street) for music, mingling, and a salsa competition that starts at 12:00 PM.

More details at [www.facebook.com/events/1057416294294512](http://www.facebook.com/events/1057416294294512). **Free!**

### FOOD DAY AT THE DOWNTOWN FARMER'S MARKET

Saturday, October 8 — 8:30 AM - 12:00 PM — 11th and Jackson Streets

City Sprouts and Truck Farm will be hanging out at the Omaha Food Day! Come mingle with other food minded folks in Omaha. **Free!**

# HEALTH, COOKING, AND NUTRITION

## **HOMEMADE TINCTURES** with Alex Ohanlon

Thursday, August 18 — 6:00 - 8:00 PM — City Sprouts, 4002 Seward Street  
Alex Ohanlon, backyard farmer and fermentation enthusiast, will be teaching us the basics of making herbal extracts and discussing a few common herbs, their history of use, their benefits, and different methods of processing them. Everyone will go home with their own tincture.\*\*



## **HOMEMADE SKIN AND BODYCARE** with Chelsea Taxman

Monday, August 22 — 6:00 - 8:00 PM — City Sprouts, 4002 Seward Street  
Join Chelsea Taxman from Black Iris Botanicals to discuss different at-home preparations using ingredients from your backyard and cupboard for person hygiene and wellness—from deodorant, toothpaste, and mouthwash to lotions and massage oil.\*\*

## **FERMENTED FOODS 102** with Alex Ohanlon

Thursday, September 1 — 6:00 - 8:00 PM — The Big Garden, 5602 Read Street  
Alex Ohanlon will walk us through the process of acetic fermentation — how to make apple cider vinegar and its uses. Everyone will get to take home their own vinegar starter.\*\*

## **CANNING 101: Tomatoes** with Ali Clark

Wednesday, September 7 — 6:00 - 8:00 PM — City Sprouts, 4002 Seward Street

Do you have more tomatoes than you know what to do with? Join City Sprouts' staff for a hands on tomato canning workshop and take home some freshly canned tomatoes!\*\*



**PRESSURE CANNING: SOUPS AND SAUCES** with Ali Clark and Erin Higgins  
Wednesday, October 12 — 6:00 - 8:00 PM — City Sprouts, 4002 Seward Street  
Want to take your canning to the next level? Want to start putting up soups and sauces to enjoy throughout the winter? Learn the basics of pressure canning and take home something delicious in the process.\*\*

**\*\*There is a \$5 suggested donation** for all of the workshops designated with

## COME CELEBRATE WITH US!

### **CITY SPROUTS SOUTH BACK TO SCHOOL BASH**

Saturday, August 27 — 5:30 - 8:00 PM — 20th and N Streets  
Join the crew at City Sprouts South for food, music, karaoke, free health screenings, a bouncy house, and a lot more at the Back to School celebration. **Free!**

### **CITY SPROUTS HARVEST CELEBRATION**

Saturday, October 1 — 10:00 AM - 12:00 PM — 4002 Seward Street  
Celebrate this year's harvest. Family friendly, activities for kids, light snacks and beverages will be provided. **Free!**

### **THE BIG GARDEN HARVEST CELEBRATION**

Saturday, October 22 — 5602 Read Street  
More details to come. Follow The Big Garden on Facebook to stay up to date!

**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/low-cost, all-ages, and no one will be turned away for inability to pay. **Questions? Contact Cait Caughey at [ccaughey@bigmuddyumc.org](mailto:ccaughey@bigmuddyumc.org) or Erin Higgins at [learn@omahasprouts.org](mailto:learn@omahasprouts.org).**