

# Growing Gardeners Workshop Series

Fall 2015



Please RSVP to [gardenmanager@omahasprouts.org](mailto:gardenmanager@omahasprouts.org)

## GARDEN SKILLS



DILL SEED

### SEED SAVING TOMATOES & PERENNIALS with Cait Caughey

Wednesday, September 16th 6:30PM – 8PM at City Sprouts, 4002 Seward Street

Learn the basic tomato fermentation process for saving heirloom tomato seeds as well save seed from native perennials. **Free.**

### SEED SAVING with Ranier Machel

Tuesday, September 22nd 6PM - 8PM at City Sprouts, 4002 Seward Street

Saving seeds is an important part of sustainable gardening and can help produce genetically diverse and resilient crops. Learn the basics of seed saving from your vegetables, with a focus on saving seeds from peppers. **Free.**

### FALL GARDEN PLANTING WORKSHOP with Carol Dona

Saturday, September 26th 12PM – 2PM at City Sprouts, 4002 Seward Street

Learn how to plant your fall garden for an abundant season and for homegrown veggies into the winter! This workshop will be happening in conjunction with our Fall Festival (see reverse side for details) **Free.**

## CANNING & COOKING

### PUT IT UP! AN EXPLORATION OF FOOD PRESERVATION with Cait Caughey & Ali Clark

Wednesday, October 7th 6:30PM – 8PM at City Sprouts, 4002 Seward Street

There are many ways to preserve your harvest: canning, freezing, and dehydrating, to name just a few! We will talk through these different methods to help you find what works best for you. **Free.**

### INTRO TO PRESSURE CANNING :: SOUP with Ali Clark

Thursday, October 14th 6:30PM – 8PM at City Sprouts, 4002 Decatur Street

Learn how to put up your garden abundance in a ready-to-use form! Canning a variety of soups is easy and possible, using your pressure canner. **\$5**

### WINTER GARDEN MEDICINES - FERMENTED FOODS + SYRUPS with Cait Caughey & Mary Hantan

Wednesday, October 21st 6:30PM – 8PM at City Sprouts, 4002 Seward Street

This is the second session in our fermented foods exploration. Learn how to make fermented recipes like kombucha & kimchi, and work with plant medicine making elderberry & thyme syrups. Participation in the first class is not necessary! Every participant will get to take something home. **\$5**

*No RSVP necessary for events on this side.*

## FOR THE KIDS!

### **LITTLE SPROUTS :: READING AND WEEDING** with Ali Clark & Cait Caughey

September 30th & October 28th, 6PM at City Sprouts, 4002 Seward Street

The garden is a great place for learning, especially for curious little ones! Play in the garden and join us for a book reading -- fun for the whole family! **Free, all ages, no RSVP necessary!**

## SEASONAL CELEBRATIONS

### **FALL FESTIVAL** with City Sprouts & The Big Garden

Saturday, September 26th 11AM - 1PM at City Sprouts, 4002 Seward Street

Gourd painting, apple cider pressing, seed paintings, potluck, wacky container contest, and a celebration of an abundant season. **Free.**

## DIY THANKSGIVING

### **INTRO TO WATER BATH CANNING :: CRANBERRY SAUCE** with Ali Clark

Monday, November 16th 6PM – 8PM at City Sprouts, 4002 Seward Street

Homemade cranberry sauce is easy, and canned in advance makes for an effortless homemade Thanksgiving! In this class you will learn the basics of water bath canning. **Free.**

### **BREAD FROM SCRATCH** with Guest Teacher

Tuesday, November 17th 6PM – 8PM at City Sprouts, 4002 Seward Street

There is nothing better than fresh bread baking in the oven. Learn how to make a simple loaf of bread that will complete your homemade Thanksgiving! **Free.**

### **INTRO TO PRESSURE CANNING :: PUMPKIN** with Ali Clark

Wednesday, November 18th 6PM – 8PM at City Sprouts, 4002 Seward Street

Pumpkin pie from scratch might seem daunting, but with home canned pumpkin it's as easy as pie! Learn the basics of pressure canning and how to make a homemade pie with your canned ingredients. **Free.**



## SOMETHING FOR EVERYONE

### **WACKY CONTAINER GARDEN CONTEST**

Saturday, September 26th 11AM – 1PM at City Sprouts, 4002 Seward Street

Have a green thumb with a sense of flair? The Wacky Container Garden is your chance to shine! Bring your wacky container to the Fall Festival for a chance to be crowned as the wackiest of them all! Categories include: wackiest container, most creative, best use of edibles, and more! Please bring submissions by 11:30 am and winners will be announced at 1PM. **Free.**

## MARKETS

### **CITY SPROUTS FARMERS MARKET**

Saturdays 10AM - 12PM

June 6th through September 26th

### **GIFFORD PARK NEIGHBORHOOD MARKET**

Fridays 5PM - 8PM

May 29th - September 25th

**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: growing, cooking, preserving, and eating healthy local food. All workshops are free or low-cost, all-ages, and no one will be turned away for inability to pay.

For more information please contact Cait Caughey at [ccaughey@bigmuddyumc.org](mailto:ccaughey@bigmuddyumc.org) or Ali Clark at [gardenmanager@omahasprouts.org](mailto:gardenmanager@omahasprouts.org)