

# GROWING GARDENERS

## workshop series

### EARLY SUMMER 2019



PLEASE NOTE: All workshops are free and REQUIRE ADVANCE REGISTRATION on [www.growinggardeners.org](http://www.growinggardeners.org).  
Classes with fewer than 5 registrations may be cancelled or postponed.

## - MAY -

### **CULTIVATING MUSHROOMS OUTDOORS** with Kevin Novak, Flavor Country Farms

*Monday, May 6th 6-8PM at The Big Garden*

Learn techniques like building wood chip beds to grow your own mushrooms outdoors!

### **SORE MUSCLE RELIEF FOR GARDENERS** with Margaret Johnson, Big Open Hearts

*Wednesday, May 8th 6-8PM at City Sprouts, 4002 Seward St*

Learn Simple Massage Techniques for Neck, Shoulder and Low Back Relief. *Bring a buddy or get ready to pair up with a new friend for this experiential body care workshop.* Learn simple ways to bring relief to neck, shoulder, and low back muscles so that you can better enjoy your gardening season. Participants will remain fully clothed, and will be welcome to opt out of areas of the body they don't want worked on. **Bring two pillows or puffy jackets per pair for a more comfortable experience.**

### **COMPOSTING INDOORS 101** with Shannon Gennardo & Cait Caughey

*Thursday, May 9th 6-8PM at City Sprouts, 4002 Seward St*

Have you wanted to begin composting at home? Come to this class and we will help you get started with minimal equipment. Minimize your food waste through composting. This class is part of the Urban Ag School.

### **CONTAINER GARDENING** with Shannon Gennardo & Alajia McKizia

*Wednesday, May 15th 6-8PM at City Sprouts, 4002 Seward St*

Want to garden but can't plant anything in the ground? Come learn how to use containers to grow food. Everyone will go home with a vegetable or herb potted up and ready to grow!

### **DIY CLEANERS AND BODY CARE**

with Stephanie Finklea & Alajia McKizia

*Monday, May 20th 6-8PM at The Big Garden, 5602 Read St*

Making your own supplies is a great way to save time and money! In this class, we will learn to make multipurpose cleaner, beeswax food wraps, deodorant, and laundry detergent.

### **WEED MANAGEMENT**

with Mark Brannen & Alex O'Hanlon

*Thursday, May 30th 6-8PM at City Sprouts South, 5002 S 19th St*

Come learn how to deal with pesky and problematic weeds in an environmentally safe and effective way. We will cover identification of common weeds as well as preventative and reactive management techniques. This class is part of the Urban Ag School.



# - JUNE -

## **HERBAL MEDICINE CABINET I: INFUSIONS AND SALVES**

with Shannon Gennardo & Kay Wilwerding

*Wednesday, June 5th 6-8PM at City Sprouts, 4002 Seward St*

Learn about using herbs to support your health in the warmest months. We will talk about nourishing infusions and make a salve for bumps and bruises. Class ends with an herb walk!

## **GROWING BULK CROPS** with Tyler Magnuson & Alex O'Hanlon

*Thursday, June 6th 6-8PM at City Sprouts South, 5002 S 19th St*

Garlic, onions and potatoes are mainstays in most kitchens and they are easy to grow! They require a slightly different method than many other vegetables. This class will cover background on each of these amazing crops as well as bed preparation, watering needs and harvest methods for each crop. This class is part of the Urban Ag School.

## **BEEKEEPING** with Shannon Gennardo & Kay Wilwerding

*Saturday, June 15th 1-3PM at City Sprouts, 4002 Seward St*

Learn the basics about honeybees and beekeeping. We will be moving throughout the garden observing foraging bees and have the opportunity to observe a functioning hive on our farm as well as a closed observation hive. This class is part of the Urban Ag School.

## **YOUR GARDEN QUESTIONS ANSWERED** with Cait Caughey & Aaron French

*Wednesday, June 19th 6-8PM at The Big Garden, 5602 Read St*

How is your growing season going? Come join us for a casual conversation on growing techniques and troubleshooting common problems. We want to help you be a more successful grower! This class is part of the Urban Ag School.

## **CANNING JAMS & JELLIES** with Clare Maakestad & Stephanie Finklea

*Wednesday, June 19th 6-8PM at City Sprouts, 4002 Seward St*

In this hands-on workshop, you will learn about the basics of home canning using a water-bath canner and apply that knowledge by canning fresh local fruit from our gardens! Each participant will have the option to take home a jar of our canned jam.

## **HERBAL MEDICINE CABINET II: TINCTURES AND SYRUPS** with Alex O'Hanlon & Anna Brun

*Wednesday, June 26th 6-8PM at City Sprouts, 4002 Seward St*

Celebrate the early summer herb harvest by learning how to harvest, dry, extract and infuse herbs for different purposes.



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.

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### **FOR ADVANCE REGISTRATION:**

visit [www.growinggardeners.org](http://www.growinggardeners.org) and click on workshops