

Growing Gardeners Workshop Series

Summer 2016 - May through July



GARDEN SKILLS

SUMMER PLANTING WORKSHOP with Carol Donna

Wednesday, May 25th 6:00 - 8:00PM

at City Sprouts, 4002 Seward Street

Join Carol Dona, long-time City Sprouts community gardener and master gardener, for an interactive and informative workshop. She'll walk you through planning, preparing, and planting your summer garden as well as give insight on how to plan for a smooth transition into growing cold weather crops this fall. **Free!**

USING COVER CROPS IN YOUR GARDEN with Brent Lubbert

Monday, June 6th 6:00 - 8:00PM

at Big Muddy Urban Farm, 33rd and California

Cover crops are becoming more and more popular with sustainable farmers all around the country. They support soil health in so many ways and in turn, help farmers produce healthy, vigorous plants. Join Brent Lubbert, urban farmer with Big Muddy Urban Farm, to learn how you can incorporate cover crops into your garden at home. **Free!**



STARTING YOUR GARDEN FROM THE GROUND UP with Cait Caughey + Erin Higgins

Wednesday, June 8 6:00 - 8:00PM at The Big Garden Campus, 5602 Read Street

Have you been dreaming of starting a garden at your home for months or even years but find that you never know where to start? Join Cait Caughey and Erin Higgins, both farmers and garden educators, for an interactive, hands on workshop on how to start your garden at home from the ground up. You'll leave feeling confident and ready to build your own garden and start growing food! **Free!**

BUCKETS OF RAIN: TIPS ON WATER CONSERVATION

with Meridith Dillon of Keep Omaha Beautiful and Andy Szatko of Omaha Stormwater

Wednesday, June 15 6:00 - 8:00PM at Big Garden Campus, 5602 Read Street

Our guest presenters will share some tips on how design, soil amendments, watering and planting style can all increase water retention. There will also be a hands-on demonstration of building and installing a rain barrel! **Free!**

SPRING FLING CELEBRATION

Saturday, May 28th 11:00 - 1:00PM at City Sprouts, 4002 Seward Street

Celebrate the coming of spring, with the company of others! Family friendly, activities for kids, snacks and light beverages will be provided. **Free!**

SUMMER SOLSTICE CELEBRATION

Saturday, June 18th 11:00 - 1:00PM at City Sprouts, 4002 Seward Street

Celebrate the changing seasons with summer solstice in the garden. **Free!**



HEALTH & NUTRITION



HOMEGROWN SKIN AND BODY CARE PRODUCTS with Erin Higgins
Saturday, June 18th 10:00AM - 12:00PM at City Sprouts, 4002 Seward Street
A hands-on workshop where you'll make your own sunscreen, bug repellent, and salves out of plants you can find growing in your own community. **A \$5 suggested donation** but no person or family will be turned away for inability.

HOMEMADE JAMS AND JELLIES with Ali Clark
Saturday, June 25th 10:00AM - 12:00PM at City Sprouts, 4002 Seward Street
Learn the basics of water-bath canning and take home jams and jellies that you'll make with farmer and canning enthusiast, Ali Clark. You'll use fruits gathered from the garden and talk about the many possibilities of home canning. **A \$5 suggested donation** but no person or family will be turned away for inability to pay.

FERMENTED FOODS 101 with Alex Ohanlon
Wednesday, July 6th 6:00 - 7:30PM at City Sprouts, 4002 Seward Street
Join Alex Ohanlon, fermentation enthusiast and urban farmer, for a workshop where you'll learn the benefits of consuming fermented foods like kimchi, sauerkraut, and kombucha. You'll learn how to make a variety of recipes at home and take a homemade fermented food with you. **A \$5 suggested donation** but no person or family will be turned away for inability to pay.

MEAL PLANNING AND COOKING FROM YOUR GARDEN with Cait Caughey & Erin Higgins
Wednesday, July 20th 6:00 - 8:00PM at Big Garden Campus, 5602 Read Street
Learn basic meal planning, budgeting, and the basics of cooking simple, quick, and healthy meals for you and your family. We will focus on using produce and herbs from the garden! **Free!**

COOKING HEALTHY DESSERTS with Carrie Eidsness
Tuesday, July 26th 6:00 - 7:30PM at City Sprouts, 4002 Seward Street
A hands-on workshop where you'll learn to bake healthy desserts with produce you can grow yourself. Carrie is in charge of dessert baking for a Westside school and recently joined the City Sprouts team. She would love to share her knowledge of creating delicious baked goods for you to take home to your family. **A \$5 suggested donation** but no person or family will be turned away for inability to pay.

FOR KIDS & FAMILIES!



LITTLE SPROUTS GARDEN CLUB

Saturdays May 28th through August 6th 10:00AM - 12:00PM at City Sprouts, 4002 Seward St.
The garden is a great place for learning, especially for curious little ones! Learn from different experts about gardening, pollinators, cooking and more! **Free, ages 5+**

BIG GARDEN NATURE CAMP

 Fridays

June 17th, July 1st, July 8th, July 22nd, August 5th and August 12th at The Big Garden, 5602 Read Street
The Big Garden Nature Camp is for children ages 3-7 years old. This program offers hands-on learning and play in the outdoors. Your children will learn a variety of skills featuring a theme each week! **Registration is required.**
To register email Cait Caughey ccaughey@biggarden.org \$5/class OR \$30 for the full camp. Full scholarship are available!

CITY SPROUTS SATURDAY MARKET

Saturdays June 4th through September 30th 10:00AM - 12:00PM at City Sprouts, 4002 Seward Street

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 Caughey** at ccaughey@bigmuddyumc.org
or **Erin Higgins** learn@omahasprouts.org