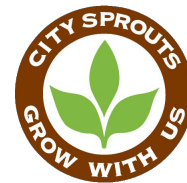


# Growing Gardeners

# Workshop Series

Spring 2017



## FEBRUARY



**INDOOR WINTER GARDENING WITH SPROUTED GREENS** with Mary Hanten & Kay Wilwerding,  
Monday, February 27th 6PM - 8PM at City Sprouts, 4002 Seward Street  
Need vegetables now during these grey winter days? In this workshop you will learn how to grow sprouted greens indoors. We will cover everything from supplies, growing conditions, what varieties and where to get seeds, as well as preparing recipes with the sprouts.

## MARCH

**FRUIT TREE PRUNING** with Jake Phillips

Saturday, March 4th 1PM – 3PM at City Sprouts, 4002 Seward Street

Come and learn the basics of fruit tree pruning from a community expert! This workshop will be hands-on and geared toward gardeners and aspiring orchardists. Now is the time to prune your fruit trees!

**STARTING SEEDLINGS INDOORS** with Cait Caughey

Monday, March 13th 6PM – 8PM at The Big Garden, 5602 Read Street

Learn how to start seedlings indoors, what materials you need to get started, and how to plant outdoors for an abundant harvest.

**PLANTING A MEDICINAL HERB GARDEN** with Alex O'Hanlon

Saturday, March 11th 1PM-3PM at City Sprouts, 4002 Seward Street

In this class, we will discuss different medicinal plants and their suitability to our climate and placement in the garden, as well as how to incorporate them in garden design to get the most benefit from them. We will also learn about different methods to extract the medicinal benefits of plant. We will discuss in more detail sage, thyme and yellow dock.



**SOIL HEALTH 101** with Cait Caughey

Monday, March 20th 6PM – 8PM at The Big Garden, 5602 Read Street

Everything you need to know about your most important resource!

**SPRING PLANTING** with Carol Dona

Saturday, March 25th, 1PM-3PM at City Sprouts, 4002 Seward Street

It's grow time! In this hands-on workshop, Carol Dona, a Master Gardener and long-time City Sprouts gardener, will provide advice and guidance on getting your spring garden planted. Cool weather plants and seeds will be available for community gardeners who would like to plant.

**LOCAL FOODS ON A BUDGET** with Cait Caughey

Monday, March 27th 6-8PM at City Sprouts, 4002 Seward Street

Learn how to incorporate more local & organic food into your life, even on a budget. We will discuss everything from CSAs, the best retail spots to buy local, and tips for shopping at the farmer's market.

# APRIL

## **BACKYARD CHICKENS** with Shannon Gennardo

Saturday, April 8th 1PM-3PM at City Sprouts, 4002 Seward Street

Interested in starting your own backyard flock? We will talk through the basics of coop design, chicken breeds, and chicken care to get you off on the right track of being a backyard chicken farmer!

## **RICOTTA CHEESE & YOGURT MAKING** with Kay Wilwerding

Monday, April 10th 6PM-7PM at City Sprouts, 4002 Seward Street

Learn to make ricotta cheese and homemade yogurt using simple kitchen supplies and ingredients. It's tastier and much better than store-bought...there will be samples!

## **GETTING STARTED WITH MUSHROOMS** with Matt Noble of Bee Grateful Gardens

April 15th 1-3PM at Big Garden AND April 29th 1-3PM at City Sprouts

In this hands-on workshop, we will get King Stropharia mushrooms going at both of our locations. This type of mushroom is very versatile in the landscape around a home and in a garden. Matt will also demonstrate how to inoculate logs with shiitake, oyster, lions mane, or any other wood-loving mushroom.

## **BASIC BEEKEEPING & GARDENING FOR THE BEES** with Carol Fassbinder-Orth

Monday, April 24th 6PM-8PM at The Big Garden, 5602 Read Street

Carol, associate professor of Avian Immunology and Zoonotic Diseases at Creighton University and local beekeeper & business owner of Bountiful Blossoms Bee Company in Council Bluffs, will walk us through the basics of beekeeping. She will also provide tips on how to create bee-friendly spaces in your gardens.



## EVENTS

### **SEED: THE UNTOLD STORY**

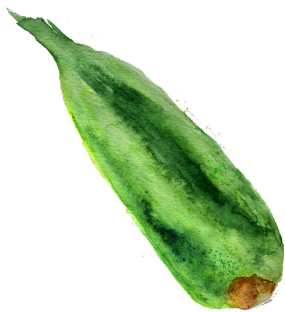
Thursday, March 23rd 7:30PM at AMC Westroads Mall, 10000 California Street

SEED: The Untold Story follows passionate seed keepers protecting our 12,000 year-old food legacy. In a harrowing and heartening story, these heroes rekindle a lost connection to our most treasured resource and revive a culture connected to seeds. Advance reservation required at [gathr.us/screening/19557](http://gathr.us/screening/19557)

### **SPRING OPEN HOUSE & SEED SHARE**

Saturday, April 1st 9AM-12PM at The Big Garden, 5602 Read Street

Stop by with the whole family to celebrate the beginning of the growing season! Share seeds, enjoy refreshments, tour our campus (including our new greenhouses), let the kids explore nature, and join in for a blessing of the seeds and gardens.



### **INHABIT: A PERMACULTURE PERSPECTIVE**

Monday, April 3rd 6:30PM at Urban Abbey, 1026 Jackson Street

This gorgeous 92-minute documentary offers a super-inspiring glimpse of permaculture and urban growing practices, great for novices and experts alike! More info at [inhabitfilm.com](http://inhabitfilm.com). And, we'll be serving up locally-grown popcorn!

### **SPRING EASTER EGG-STRAVAGANZA**

Saturday, April 8th 10AM-12PM at Urban Abbey, 1026 Jackson Street

A fun day for the whole family! Featuring live music, garden-themed board games, a spring potting activity, Easter eggs, and real live bunnies!

### **ARBOR DAY CELEBRATION**

Saturday, April 29th 10AM-12PM at City Sprouts, 4002 Seward Street

Join us as we celebrate trees! Activities, games, and snacks for all ages. Come dressed as a tree for a special prize.

*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 at [ccaughey@biggarden.org](mailto:ccaughey@biggarden.org) or Shannon at [garden@omahasprouts.org](mailto:garden@omahasprouts.org).**