

Growing Gardeners Workshop Series



WINTER 2017-18

Some of these workshops require registration please check Facebook or email Rebecca.learn@omahasprouts.org for more information.



NOVEMBER

BAKING SEASONAL SWEET BREAD with Sarah Xiong
Saturday, November 11th 1-3PM
at City Sprouts, 4002 Seward Street
Learn to make sweet bread to warm up your oven and your home during this season!

MAKING PIZZA FROM SCRATCH with Clare Maakestad
Wednesday, November 15th 6-8PM
at City Sprouts, 4002 Seward Street
Feed your family with healthy, homemade pizza — including dough made from scratch. Learn how to make your own dough and delicious pizza in this hands-on workshop!

COOKING HEALTHY DESSERTS with Carrie Eidsness
Saturday, November 18th 1-3PM at City Sprouts, 4002 Seward Street
Learn to bake healthy desserts with produce you can grow in your own garden. Carrie will share her knowledge of creating delicious baked goods for you to take home to your family!

HOMEMADE BODYCARE & HOUSEHOLD PRODUCTS with Stephanie Finklea
Monday, November 20th 6-8PM at The Big Garden, 5602 Read Street
In this workshop we will cover how to make simple, homemade body care products like deodorant as well as homemade cleaning supplies using all natural, plant-based ingredients.

MAKING AND USING BONE BROTH with Adam Sherrerd
Wednesday, November 29th 6-8PM at City Sprouts, 4002 Seward Street
Homemade bone broth has historically been a staple in traditional cultures throughout the world. In this hands-on workshop, learn simple processes for preparing this nutrient-dense and healing food that can help to lower inflammation and heal the digestive system

DECEMBER

FOODS AND MOODS with Ashe Milkovic of Renovated Roots Nutrition
Saturday, December 2nd 1-3PM at City Sprouts, 4002 Seward Street
Learn how what you eat and how you eat directly impact your mood and energy levels.

WINTER DECORATING WITH NATURAL MATERIALS with Shannon Gennardo
Wednesday, December 6th 6-8PM at City Sprouts, 4002 Seward Street
Learn how to use food, nature, and recycled materials to craft beautiful winter decor in your home. We will get crafty and decorate the education center while sipping warm drinks. Great for the whole family!

DECEMBER continued...

MASON JAR SOUP MIXES with Clare Maakestad
Saturday, December 9th 1-3PM
at City Sprouts, 4002 Seward Street
Learn how to make dry soup mixes with layers in a mason jar. Makes a pretty farm-to-table gift!

WINTER HERBS with Cait Caughey
Monday, December 11th 6-8PM
at The Big Garden, 5602 Read Street
Herbal remedies are great during any season — at this workshop we will make various winter herbal remedies, sip tea, cover basics of growing your own annual and perennial herb garden, and sample Cait's favorite products from local herbalists!

PLANT DYES with Kay Wilwerding
Monday, December 18th 6-8PM
at Big Garden, 5602 Read Street
Join us for a fun and creative workshop learning about plant dyes, dying cloth, and making art with plants!



JANUARY

COMMUNITY GARDENING 101 with Cait Caughey & Shannon Gennardo
Monday, January 8th 6-8PM at The Big Garden, 5602 Read Street
In this workshop we will cover — 1. How to start a community garden at your school, daycare, faith community, or organization through The Big Garden 2. How to find and apply for community garden plots in Omaha and 3. How to be an awesome, engaged community gardener! Join Cait & Shannon for all the insights on community gardening in Omaha.

BAKING SOURDOUGH BREAD with Sarah Xiong
Saturday, January 13th 1-3PM at City Sprouts, 4002 Seward Street
Back by popular demand! Have you been wanting to learn how to make sourdough bread? Here's your chance!

DESIGNING YOUR PLANTING CALENDAR with Cait Caughey
Monday, January 15th 6-8PM at The Big Garden, 5602 Read Street
Do you know when to start your seeds? When to plant outdoors? In this workshop we will cover planting times for various crops and everyone will develop their own seeding schedule (both for starting seedlings and direct seeding) for the 2018 growing season.

STARTING SEEDS INDOORS with Cait Caughey
Monday, January 22nd 6-8PM at The Big Garden, 5602 Read Street
We will gather in the warm greenhouse to go over the best methods for starting your own seeds with a special focus on perennials, natives, and annual vegetables. Keep warm and participate in this hands-on workshop in our beautiful greenhouse!

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 - ccaughey@biggarden.org or Rebecca - learn@omahasprouts.org