

Growing Gardeners Workshop Series

Winter 2016 -17 November to January



November

BAKING PIES FOR THE HOLIDAYS with Carrie Eidsness

Saturday, November 5th 10AM - NOON

at City Sprouts, 4002 Seward Street

It's pie season! Carrie Eidsness, pie enthusiast, will talk to us about pie crusts and the sweet and savory things you can fill them with. She'll go over recipes that are good for freezing so you can do all your winter pie baking before winter even begins. Take a small vegetable pot pie home for yourself! **\$5 suggested donation**

COOKING UP SOUP with Erin Higgins

Saturday, November 12th 1 - 3PM at City Sprouts

Bring your favorite soup recipes and enjoy some of ours. We will have a relaxing afternoon trying simple, healthy, soups using local produce and herbs, that you can make and enjoy with friends and family. We will also cover good methods for preserving soups. **FREE!**

MUSTARD AND APPLE BUTTER MAKING with Kay Wilwerding & Erin Higgins

Saturday, November 19th 1 - 3PM at City Sprouts

Are you a beginning or aspiring canner? Do you have a love of mustard or apple butter? Kay Wilwerding and Erin Higgins will be leading us through a hands on workshop about how to make and can your own apple butter and mustard. **\$5 suggested donation**

December

COOKING WITH STORAGE CROPS with Dallas Brunner

Saturday, December 3rd 10AM - NOON at City Sprouts

Some of our favorite fall crops can be stored for months in a cool, dry place. We're putting some of our sweet potato and butternut squash harvest into the cellar so that Dallas Brunner, most recently a chef at The Grey Plume, can show us how he cooks up storage crops. **FREE!**

BREAD BAKING with Kay Wilwerding

Saturday, December 10th 1 - 3PM at City Sprouts

The best way to warm up your home during the winter is by baking your own bread! Kay Wilwerding will demonstrate the basics of bread baking, from yeast breads, to starter breads, to recipes that can be par-baked and frozen for another day. There will be samples! **FREE!**



December continued...

DRY SEED SAVING with Mary Hanten

Monday, December 12th 6 - 8PM at City Sprouts

We will explore the perennial mindset involved in saving seeds. Beginning with dry seed saving, moving into seed storage and how to prep, gather seeds, and plan for a seed garden next year! **FREE!**

NATURAL WINTER REMEDIES with Cait Caughey

Saturday, December 17th 1 - 3PM at City Sprouts

We will concoct simple winter remedies from herbs and garden foods to help with common winter ailments like colds, sore throats, dry skin, etc. We will also cover simple remedies that are safe for babies and kids. All ages are welcome and participants will take home a winter remedies kit. **FREE!**



January

EXPLORING THE WINTER GARDEN with Erin Higgins

Saturday, January 7 1 -3 PM at City Sprouts

Even during the cold winter months, when the trees are bare, the ground is hard, and snow and ice sometimes cover everything, there is life out in the garden. Come to this family friendly workshop where we'll put on our gloves, boots, and hats and explore the life out in the garden. **FREE!**

PLANNING + PREP FOR YOUR HOME OR MARKET GARDEN with Cait Caughey

Saturday, January 14th 1 - 3 PM at City Sprouts

Do you want to design your garden to maximize yield and space? Are you interested in trying new techniques? Join experienced veggie farmer & educator Cait Caughey for tips on garden designs, crop planning, calculating yields, seed starting schedules, tools, and more. This workshop is geared at the home gardener or market farmer who is interested in producing an abundance this season. **FREE!**

ORGANIC PEST MANAGEMENT with Tyler Magnuson

Monday, January 23rd 6 - 8PM at City Sprouts

Sometimes the best offense is a good defense. How you plan out your garden in the winter can determine how many pests will take hold during the spring, summer, and fall months. Join Tyler Magnuson, seasoned farmer, as he talks us through basic Organic Pest Management. **FREE!**

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@biggarden.org or Erin Higgins learn@omahasprouts.org