

# Growing Gardeners Workshop Series



FALL 2018

All workshops are free and open to the public, unless otherwise noted.

## - SEPTEMBER -

### **TOMATO SEED SAVING** with Cait Caughey

Wednesday, September 5th 6-8PM at The Big Garden, 5602 Read Street

Come and learn how to save heirloom tomato seeds! Seed saving is an important skill for creating a closed-loop system in your garden or farm.

### **ACETIC FERMENTATION: MAKING FRUIT VINEGARS** with Alex O'Hanlon

Thursday, September 6th 6-8PM at City Sprouts South, 5002 S 19th Street

We will learn the basics of acetic fermentation, the different styles of vinegar making, and how to use abundantly available fruits to make our own homemade vinegars. Everyone will go home with their own vinegar starter!

### **SOURDOUGH BREAD** with Sarah Xiong

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

Have you been wanting to learn how to make sourdough bread? Here's your chance! Join us at City Sprouts as Sarah teaches us the basics. Go home with a sourdough starter! Space is limited, email [info@omahasprouts.org](mailto:info@omahasprouts.org) to RSVP.

### **CROP SWAP** with Big Garden and City Sprouts

Monday, September 10th 6-8PM at The Study, 2417 Burdette Street

Bring your extra produce and share the bounty! At the Crop Swap you can bring whatever you have and trade for other veggies, herbs, flowers, etc. Live music and snacks provided!

### **HERBAL MEDICINE CABINET: FIRE CIDER** with Shannon Gennardo

Wednesday, September 12th 6-8PM at City Sprouts North, 4002 Seward Street

Part of the Herbal Medicine Cabinet series. Fire cider is a long-used remedy and prevention for many winter ailments. We will discuss preparing your herbal medicine cabinet for the winter, prepare Fire Cider for everyone to take home, and end the class with an herb walk around our campus. Space is limited, email [info@omahasprouts.org](mailto:info@omahasprouts.org) to RSVP.

### **CANNING TOMATOES** with Alex O'Hanlon and Clare Maakestad

Thursday, September 20th 6-8 PM, City Sprouts South, 5009 S 19th Street

Bring your excess tomatoes, red or green, and learn to process them into salsas and pasta sauces. Go home with a jar or two!

### **CITY SPROUTS FERMENTATION FESTIVAL**

Sunday, September 23th 3-6PM at 40th Street Theater 4006 1/2 Hamilton Street

Do you enjoy kombucha, cheese, wine, sauerkraut, kimchi, beer, sourdough bread, or mead? Do you think fermented foods are weird? Do you want to learn more about fermentation? If you answered yes to any of these questions, you should participate in this community event! This festival features presentations about fermentation, local enthusiasts' tricks of the trade, plenty of fresh, local, and fermented foods to taste, live music, and more! We will serve a light meal. RSVP on Facebook for a limited edition button.

### **FALL APPLES** with Tyler Magnuson and Cait Caughey

Wednesday, September 25th 6-8PM at The Big Garden, 5602 Read Street

This workshop will cover instructions for fall planting fruit trees and basic care suggestions. We will also press apples and learn to make cinnamon apple jam.

### **PIZZA INGREDIENTS** with Clare Maakestad and Shannon Gennardo

Saturday, September 29th 1-3PM at City Sprouts North, 4002 Seward Street

Learn to make dough, sauce, and cheese for a garden-fresh pizza.

### **GARDEN PIZZA PARTY** with Clare Maakestad and Shannon Gennardo

Wednesday, October 3rd 6-8PM at City Sprouts North, 4002 Seward Street

Enjoy a garden pizza party with ingredients we made on Saturday, September 29th! Pizzas will be cooked in the City Sprouts cob oven in the garden.





## - OCTOBER -

### **HOG BUTCHERY 101** with Jared Uecker of O'tillie Pork & Pantry

*Monday, October 1st 6-8PM at The Big Garden, 5602 Read Street*

Join us for a demonstration on how break down a locally-raised and sustainably-sourced heritage breed hog from start to finish. This workshop will offer hands-on elements and is great for those wanting to learn more about preparing meat from a chef who is passionate about supporting local farmers!

### **ACETIC FERMENTATION: MAKING FRUIT VINEGARS** with Alex O'Hanlon

*Wednesday, October 3rd 6-8PM at City Sprouts North, 4002 Seward Street*

We will learn the basics of acetic fermentation, the different styles of vinegar making, and how to use abundantly available fruits to make our own homemade vinegars. Everyone will go home with their own vinegar starter.

### **MAKING TRADITIONAL CORN SOUP** with Octa Keen and Mioux Stabler

*Monday, October 8th 6-8PM at The Big Garden, 5602 Read Street*

Join us to celebrate Indigenous Peoples' Day! We will explore indigenous food traditions, making corn soup from UmoNhoN tradition. We will also discuss the importance of de-colonization work as it relates to food and land.

### **USE AND CARE OF GARDEN TOOLS** with Nick Bonham

*Thursday, October 11th 6-8PM, City Sprouts South 5009 S 19th Street*

Learn the proper care and usage of different basic garden tools including shovels, hoes, pruners, and loppers.

### **COMMUNITY HARVEST FESTIVAL**

*Saturday, October 13th 5-8PM at The Big Garden, 5602 Read Street*

Join us for our 3rd annual, family-friendly event celebrating community and the harvest season. We will have live music, dancing, food trucks, games, face-painting, costume contest, and haunted greenhouses. All activities are free and for all ages!

### **FALL EARTH SKILLS FOR EVERYONE** with Tyler Magnuson & Cait Caughey

*Monday, October 15th 6-8pm at The Big Garden, 5602 Read Street*

We will learn about making cordage from plant fibers, and put the skills into practice. We will also learn how to make pemmican (a preserved food made from wild berries). This workshop is for all ages, kiddos encouraged to join in! We will also discuss the importance of centering this work within a de-colonized framework.

### **PUTTING YOUR GARDEN TO BED FOR THE WINTER** with Rebecca Reagan

*Wednesday, October 17th 6-8PM at City Sprouts North, 4002 Seward Street*

Learn about overwintering crops, best practices for clearing out your garden bed, extending the growing season, and more with experienced gardener Rebecca.

### **FALL SEED SAVING** with Mary Hanten

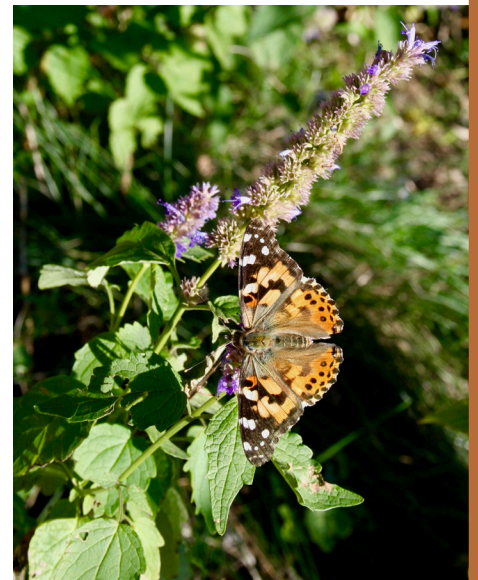
*Thursday October 18th 6-8PM, City Sprouts South 5009 S 19th Street*

Learn to save different varieties of squash, corn, and beans from our seed garden. Take home some seeds to save for next year and bring any seeds you have to process, use our screens and winnows to save seed, share and swap. This workshop is part of the Seed Saving Series at City Sprouts South.

### **MOVIE AND PIZZA NIGHT IN THE GARDEN**

*Wednesday, October 24th at City Sprouts North 4002 Seward Street*

Join us in the garden for a garden-themed movie and pizzas fresh out of the cob oven, made with City Sprouts produce! Check with us on Facebook (@omahasprouts) for updates in case of bad weather.



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](mailto:ccaughey@biggarden.org)) or Rebecca ([learn@omahasprouts.org](mailto:learn@omahasprouts.org)).