

# Growing Gardeners Workshop Series

Summer 2015



Please RSVP to [gardenmanager@omahasprouts.org](mailto:gardenmanager@omahasprouts.org)

## GARDEN SKILLS

### **VERMICOMPOSTING AND COMPOSTING AT HOME** with Cait Caughey

Thursday, June 4th 6PM – 8PM at City Sprouts, 4002 Seward Street

Are you interested in setting up a composting system at your home or composting with worms? Learn how easy composting at home can be and how to design a system that will fit your needs. Put your food scraps to work! Free.



### **WILD FRUITS AND BACKYARD HABITATS** with Jack Phillips

Thursday June 11th, 6PM - 8PM at City Sprouts, 4002 Seward Street

Urban life is becoming more verdant and vital with the cultivation of wild, native plants that are hardy and beautiful. And many are edible and tasty! Learn how to introduce healthy wildness into your back yard with Jack Phillips, Naturalist with New Tree School. Free.

### **WILD SALADS!** with Cait Caughey

Thursday, July 23rd 6PM - 8PM at Big Muddy Urban Farm & City Sprouts

Meet up at 3215 and California Street (Big Muddy Urban Farm site) as we identify, gather, and collect wild & edible plants. We will then caravan to City Sprouts kitchen to process and prepare a delicious salad from nature's abundance! Discussion on wild edibles to follow. Free.

## CANNING & COOKING

### **FERMENTED FOODS 101** with Mallory Finch & Cait Caughey

Tuesday, June 30th 6PM – 8PM at City Sprouts, 4002 Seward Street

Learn the benefits of consuming fermented foods like kimchi, sauerkraut & kombucha, and how to make a variety of recipes at home in your own kitchen. Every participant will get to take something home. \$5

### **JAMS AND JELLIES** with Ali Clark

Thursday, July 16th 6PM - 8PM at City Sprouts, 4002 Seward Street

Learn the basics of water-bath canning and how to make jams and jellies at home! We will use fruits gathered from the garden and talk about the many possibilities of home canning. \$5

### **CANNING TOMATOES** with Ali Clark

Thursday, August 6th 6PM - 8PM at City Sprouts, 4002 Seward Street

Learn the basics of water-bath canning and how to capture the abundance of summer tomatoes for a winter of homegrown produce. \$5



*No RSVP necessary for events on this side.*

## FOR THE KIDS!

### **LITTLE SPROUTS PROGRAM** with Ali Clark

Every Saturday May 30th – July 25th 10AM – 11:30AM at City Sprouts, 4002 Seward Street

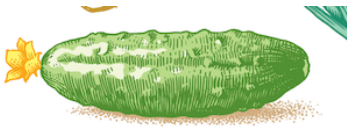
The garden is a great place for learning, especially for curious little ones! Learn from different experts about gardening, pollinators, cooking and more! Free, ages 5+

### **BIG GARDEN KIDS** with Big Garden Educators

Saturdays - June 6th & 20th July 11th & 25th August 8th & 22nd 11AM - 12:30PM at The Bemis Center

Working in collaboration with The Big Garden, local and visiting artists take children ages 4–11 on an exploration of art and plants in the Bemis Garden—a space for creative and imaginative play. Free.

## SEASONAL CELEBRATIONS



### **SUMMER SOLSTICE CELEBRATION**

Saturday, June 20th 11AM – 1PM at City Sprouts, 4002 Seward Street

Celebrate the changing seasons with summer solstice in the garden.

Family friendly, activities for kids, snacks and light beverages will be provided. Free.

### **FALL FESTIVAL** with City Sprouts & The Big Garden

Saturday, September 26th 11AM - 1PM at City Sprouts, 4002 Seward Street

Gourd painting, apple cider pressing, seed paintings, potluck, wacky container contest, and a celebration of an abundant season. Free.

## WELLNESS

### **PROTECT YOURSELF FROM THE ELEMENTS**

Saturday, June 27th 10AM - 11:30AM at City Sprouts, 4002 Seward Street

A workshop for parents & kids about summer safety and keeping healthy in the hot summer season! We will make our own natural bug repellent. Little Sprouts program is happening at the same time! Something for parents & kiddos! Free.

## SOMETHING FOR EVERYONE

### **DIY POLLINATOR HOUSES** with Cait Caughey

Thursday, July 9th 6PM - 8PM at City Sprouts, 4002 Seward Street

Learn about mason bees, leaf cutter bees, other beneficial insects/pollinators in the garden, and make your own insect hotel! Free.

## MARKETS

### **CITY SPROUTS FARMERS MARKET**

Saturdays 10AM - 12PM

June 6th through September 26th

### **GIFFORD PARK NEIGHBORHOOD MARKET**

Fridays 5PM - 8PM

May 29th - September 25th



*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 Caughey at [ccaughey@bigmuddyumc.org](mailto:ccaughey@bigmuddyumc.org)  
or Ali Clark at [gardenmanager@omahasprouts.org](mailto:gardenmanager@omahasprouts.org)