

# Growing Gardeners Workshop Series



**EARLY WINTER 2018**

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

## - NOVEMBER -

### COMMUNITEA + COFFEE

*Saturday mornings, starting November 10th, 2018  
10 AM - noon at City Sprouts, 4002 Seward Street*

Join us every Saturday throughout the cold winter months at the City Sprouts Education Center for free tea, cocoa, and Mug Life coffee, plus free activities for kids, healthy snacks, gardening related books to flip through and check out, and City Sprouts staff and friends to chat with. This event is free and open to everyone!

### BACKYARD CHICKENS with Anita Soto

*Thursday, November 1st, 2018  
6 PM - 8 PM at City Sprouts South, 5002 S 19th Street*

This class is ideal for folks exploring the idea of having chickens in their backyards! We will cover how to obtain chickens, how to care for chickens and provide different ideas for how to construct a chicken coop.

### PIE CRUST 101 with Margie Magnuson

*Saturday, November 17th, 2018  
1 PM - 3 PM at City Sprouts, 4002 Seward Street*  
*Registration required due to space constraints! Limited to 12\**

"Easy as pie" - ever heard that expression? Some people feel overwhelmed at the thought of making a pie, but it is not that hard. Attend this hands-on class to learn how to make the perfect pie crust. You will go home with a pie crust ready for you to fill and recipes for pumpkin and sweet potato pies to help you finish the pie at home. So when everyone raves about your pie at Thanksgiving dinner you can tell them, it was easy as pie to make!

## - DECEMBER -

### WINTER DECORATING + HOLIDAY MARKET AND OPEN HOUSE with Shannon Gennardo

*Saturday, December 1st, 2018  
1 PM - 3 PM 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!

### BONE BROTH with Adam Sherrard

*Saturday, December 8th, 2018  
1 PM - 3 PM at City Sprouts, 4002 Seward Street*  
*Registration required due to space constraints! Limited to the first 15 to register\**

Homemade bone broth is rich in protein, minerals and gelatin, and has historically been a staple in traditional cultures throughout the world. We will prepare, sample and take home bone broth from ethically-raised animals, and learn about the healing properties of bone broth and gelatin to reduce inflammation and protect against the degenerative processes of stress and aging.

### HERBAL MEDICINE CABINET: HERBAL LOZENGES AND TEA BLENDS

with Shannon Gennardo  
*Saturday, December 29th, 2018  
1 PM - 3 PM at City Sprouts, 4002 Seward Street*  
*Registration required due to space constraints! Limited to the first 15 to register\**

Together we will discuss caring for yourself and your family in the winter with food and herbs. We will make herbal throat lozenges and herbal tea blends to take home.



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 Shannon ([garden@omahasprouts.org](mailto:garden@omahasprouts.org) or 402-504-1910).

\*To sign up for workshops requiring registration, please email [info@omahasprouts.org](mailto:info@omahasprouts.org).



# LITTLE FREE LIBRARY AND PANTRY

“Take what you need... leave what you don't!”

City Sprouts' Little Free Library and Pantry is open 24 hours a day, 7 days a week, 365 days a year, offering produce and shelf-stable food plus books for all ages! Established in 2017, our Little Free Library and Pantry attracts visitors each day, and it is situated among our U-Pick Beds on 40th Street, just north of Seward Street in front of our chicken coop. Community members are welcome to stop by at any time to take any items that they would like from the U-Pick beds and the Little Free Library and Pantry. Folks are also invited to leave extra produce and pantry items, as well as books and other literature at any time, including during the cold winter months.



## LITTLE FREE LIBRARY AND PANTRY QUICK FACTS:

- ALWAYS OPEN!
- Located on 40th Street, north of City Sprouts Education Center
- Take produce, pantry items, and books that you need
- Leave produce, pantry items, and books that you don't need

City Sprouts Education Center: 4002 Seward Street | Omaha, NE 68111 | 402.504.1910  
[www.omahasprouts.org](http://www.omahasprouts.org) | [info@omahasprouts.org](mailto:info@omahasprouts.org) | [@OmahaSprouts](https://www.instagram.com/OmahaSprouts)