

Spring Planting ●

with Erin Higgins & Kay Wilwerding
Wed. April 8th 6-8pm @ The Big Garden
 A great class for those who are just starting to garden. We will go over how to prepare a bed for planting, proper planting techniques for seeds and seedlings, when to plant different varieties, and touch on a technique called biointensive planting that will help you get the most out of a small garden.

Soil Health, Cover Crop, & Composting ●

with Alex O'Hanlon
Thu. April 9th 6-8pm @ City Sprouts South
 In this class you will learn the basics of soil biology, and how to use covercrops and compost to help improve and maintain healthy soils. Weather permitting there will be hands on opportunities to practice different methods of covercropping.

Spring Cleanse & Herb Identification Walk ●

with Alex O'Hanlon ●
Sat. April 11th 1:15-3pm @ City Sprouts South
 Join facilitators Alex O'Hanlon and volunteers from the Herbalism and Alternative Health Clinic of South Omaha for a class on the best herbs to use for a spring cleanse. Herbs are useful allies in getting the body ready to enjoy the activity and movement that the warm months bring after the static winter months. Join us for a plant identification walk around the Dorothy Patach Natural Environmental Area throughout the class.

Container Gardening ●

with Kay Wilwerding & Erin Higgins
Mon. April 13th 6-8pm @ The Big Garden
 Learn how to create an abundant container garden! We'll talk about what containers can be used and highlight specific plant varieties that do best. Bring your own container to transform into a planter, or take home one of ours! All participants will have the opportunity to take a potted plant home.

Cooking Asian Cuisine ●

with Sarah Xiong & Anna Brun
Sat. April 25th 1-3pm @ City Sprouts
 Learn authentic Asian recipes using modern and old world techniques with instructor Sarah Xiong. During this class, we will be focusing on Japanese cuisine.



-TRACKS KEY-

- Urban Ag School
- Herbal Medicine Cabinet
- Culinary & Nutrition
- Craft & Lifestyle

-ABOUT-

The Growing Gardeners Workshop Series is a collaboration between The Big Garden & City Sprouts in Omaha. Our purpose is to offer four seasons of hands-on workshops featuring skills & techniques for every gardener and urban farmer. All workshops are low-cost and all ages are welcome. No one will be turned away for inability to pay. Donations are appreciated.

ADVANCED REGISTRATION REQUIRED at www.growinggardeners.org

Classes with fewer than 5 registrations may be canceled or postponed.