Welcome to
A Day on the Farm
American River Ranch  est. 2008

This beautiful historic ranch in the American River Parkway benefits the community by: growing organic food, mentoring youth and future farmers, teaching gardening and cooking, hosting community events, preserving wild spaces, providing access to fresh produce for underserved neighborhoods, and protecting this farm for future generations. Thank you for supporting our nonprofit community farm & education center and helping us create a place that will reconnect youth and adults with healthy food and the natural world for years to come. Enjoy your visit! Support our work, donate at www.soilborn.org.

The American River Ranch is a working farm and a work in progress. Please watch your step and stay out of areas that are under construction. It is important to stay on the walking paths especially when you are in the field. Electric fences around the animals are on. Thanks!

key

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A Day on the Farm
Learn, Eat & Celebrate!

Schedule of Activities

All Day Activities • 10am–3pm

The day is action packed! Don’t forget to stop by the Farmstand for fresh produce and pick up a few plants at the Plant Sale.

Organic Plant Sale • Farmstand • Children’s Activities
Interactive Community Booths • Face Painting • Eat Your Veggies Demo • Meet the Beekeeper & Garden Games

Stop by the Elderberry Farms Native Plant Nursery!
Over time, native plants evolved with our climate where they can survive and even thrive. Your ultimate goal may be to create a garden that takes little to no water or maintenance. Local native plants are not only drought-tolerant, they have connections to birds, butterflies, bees, and have been used by Native people for centuries! Interested in drought tolerant plants for your yard?

10am–3pm Native Plant Sale (15)

Music in the Barn
A showcase of great music and local talent!

10–11am Millington Strings
Classical String Quartet: Good Music, Played Well

11am–3pm Mind X Quartet
Northern California’s premiere groove-funk-bluegrass-jazz-psychedelic-rock band

Face Painting Under the Mulberry Trees (10)

Take a Selfie (38)
Share your photo #dayonthefarm

Especially for Kids and Families

Youth Garden (19)

Visit our youth education areas to BECOME A GARDEN SUPER HERO. Youth of all ages can earn super hero badges for their cape by visiting a variety of interactive stations throughout the youth garden, outdoor classroom and the kitchen patio. Through crafts, investigation and discovery, youth will connect with food and nature and be inspired to become environmental stewards.

11am & 1pm Don’t Miss the Compost Relay

L'il Sproutville (32)
A safe play space for little ones 5 & under (babies welcome) featuring nature games, social interaction and fun. Must be accompanied by a parent at all times. Please park strollers on the upper pad behind the butterfly waystation.

Kids’ Stage Outdoor Theatre (46)

11am, 1pm & 2:15pm The College Fund Street Band
10:30am & 12:15pm Story Time with Katie Dekorte, Children’s Librarian, Sacramento Public Library

Eat the Rainbow (33)
Learning about nutrition in a fun, practical way lays the foundation for life-long healthy eating habits. Our nutrition team and Food Literacy Center have created some games to test and build your nutritional IQ.

Slow Food Sacramento Outdoor Classroom (34)
Join Chef Brenda Ruiz to learn kid-friendly recipes using fresh from the garden ingredients.

Opening Day! American River Ranch Farmstand
Farm products, food gifts, cookbooks, baskets, cook’s tools and more! Enjoy delicious seasonal produce and support our training program for young farmers. Soil Born Farms produce is also available at the Midtown Farmers Market and the Sacramento Natural Foods Co-op. Or become a CSA member (shares are available.) Visit www.soilborn.org for details.

Open Saturdays from 8am–12:30pm • May 27–November 18

Sponsored by:

Sacramento Natural Foods Co-op
Locally owned since 1973

Kaiser Permanente
Murphy Austin
SMUD
Daves Maxine Clark Family
Fred & Betsy Weiland
Farm Tours  Meet at Event Central (7)
Take a guided tour of the farm with a member of the Soil Born Farms staff. Learn more about the vision and goals of our nonprofit community farm. Walking tours will last close to an hour, covering some uneven terrain. Self-guided tours are encouraged as well and there are informational signs posted around the ranch.
11:15am with Shawn Harrison
12pm with Tyler Stowers
1:30pm with Shawn Harrison

Nature Walks  Meet at Event Central (7)
10:30am Birds & Wildlife Walk with Cliff Hawley
11:30am Native Plant Walk with Chris Lewis
12:30pm Nature Walk for Families with Alyssa Kassner
1:30pm Native Plant Walk with Betsy Weiland

Wellness Classes  In the Schoolhouse (13)
10:30am Growing Medicinal Herbs with Daylin Wade
11:45am Introduction to Aromatherapy with Ann Sibbet
1pm Spices are Nature’s Medicine with Candis Cantin
2:15pm Prep Once for Healthy Meals All Week with Terese Esperas

Eat Your Veggies  Cooking Demo (24)
Local chefs and our Culinary Arts team will show you simple and delicious ways to get more greens into your life. Support for this program provided by Kaiser Permanente.

Garden to Pantry  Preservation Demo (25)
Local certified food preservation volunteers will share tips and demonstrate simple techniques for getting the most out of your seasonal harvests. Ask questions and take home helpful information.
11am Strawberry Preserves with Rhonda De La Cruz
1pm Canning Oranges in Light Syrup with Melodie Bauer

Workshops
Arrive early to get a seat. Schedule is subject to change. Check chalkboards at class tents for updates.

Greenhouse Classroom  (23)
10:30am  Growing Succulents  with Pamela Marentis
11:30am  Growing & Arranging Flowers  with Elle Huftill-Balzer
12:30pm  Honey Bees: The Hive is a Community  with Rachel Morrison
1:30pm  Growing Vegetables & Herbs  with Alicia Baddorf

Orchard Tent  (45)
10:30am  Building Soil Fertility  with Chanowk Yisrael
11:30am  Attracting More Birds to Your Backyard  with Cliff Hawley
12:30pm  Introduction to Permaculture  with Matthew Trumm & Sarah Jo Michalak
1:30pm  Fruit Tree Care  with Tyler Stowers

Field Tent  (47)
10:30am  Composting 101  with David Baker
11:30am  Raising Chickens in Your Backyard  with Greg Howes & Brian Fikes
12:30pm  Homesteading Basics  with Judith Yisrael
1:30pm  Seed Saving  with Chanowk Yisrael

Help us make this a zero waste event
Return your plates, cups and utensils to a bus station. Reduce • Re-use • Recycle

Tweet at the event #DOTF
Lost and Found at Event Central
LOCATION KEY
7 = Event Central  45 = Orchard Tent
13 = Schoolhouse  46 = Outdoor Theatre
23 = Greenhouse Classroom  47 = Field Tent

connecting food, health & the environment

Our mission is to create an urban agriculture and education project that empowers youth and adults to discover and participate in a local food system that encourages healthy living, nurtures the environment and grows a sustainable community.

If you’re inspired to dig deeper, visit sacfoodcoop.com and check out our dynamic schedule of classes and events!
Many thanks to our local vendors, partners and supporters for providing delicious food and beverages for this event. Order and pay at each individual vendor booth. Cash, credit and debit cards accepted. A portion of the proceeds will benefit Soil Born Farms American River Ranch Restoration & Development Fund.

**Something for Everyone**

**Federalist Public House**

**Pizza Trailer and Beer Truck**

Enjoy wood-fired pizza by the slice.
Featuring Ruhstaller Beer $6
Enjoy a Ruhstaller and experience the rich, nuanced flavors only California Grown ingredients can deliver.

**The Hotdogger**

Choose from:
Hot Dogs, Veggie Dogs, Hot Link, Polish & Chicken Apple
Fresh-Squeezed Lemonade, Bottled Water, Chips & Potato Salad

Don’t miss the 15th Annual Fundraiser Autumn Equinox Celebration this year at the American River Ranch on Saturday, September 16, 5:30–9:30pm.

**Beverages**

Organic Equal Exchange Coffee or Tea . . . $2
Organic Lemonade .................................. $2
Fresh Herbal Iced Tea .............................. $2
lemon balm, spearmint, elder flowers, mountain mint
Arnold Palmer ................................. $2
black tea & lemonade
Organic Apple Juice ............................... $2
Gourmet Micro Brewed Root Beer ............ $3
Reed’s Ginger Brew ............................... $3
Sparkling Water ................................. $2
Coconut Water ..................................... $2
Beer .................................................. $6
must be 21 and show ID to purchase

**Sweets**

Fat Face Popsicles .............................. $3
Magpie Scones & Cookies ................. $3
Straus Family Creamery
Soft Serve Ice Cream Cones ............. $3

**Green Plate Special**

Order at Phoebe’s Snack Bar & pick up at the Farmhouse Kitchen Patio Window
Farmhouse Chopped Salad .............. $7
A blend of crisp SBF organic greens, quinoa, watermelon radish, shredded carrot, sunflower seeds tossed in a champagne vinaigrette. Served with a Bella Bru sourdough roll.

Add Citrus Herb Grilled Mary’s Organic Chicken . . . $10

**Phoebe’s Snack Bar at the Farmstand**

You must be 21 and show ID to purchase. Beer must be consumed in the barn ONLY!

**Friends of Soil Born Farms**

The proceeds from this event will help fund the restoration and development of the American River Ranch. We are raising money to complete our outdoor classroom by adding a shade structure. We are advancing our plans to improve the parking lot, our Farmstand and to build a commercial kitchen & cooking school. Please help Pave-the-Way… buy a brick or become a community partner today!

Join a diverse group of local citizens, organizations, schools and businesses helping us achieve our goals and get healthy food on every table! We rely on your generous donations to meet the challenges and opportunities in the coming years. Find out how to get involved at the Soil Born Farms booth. Together we can make a difference.

Donate online at www.soilborn.org