



October–December '19

Class Schedule

connecting food, health & the environment

herbal studies

a partnership with EverGreen School of Integrative Herbology



Keep Your Brain Healthy with Foods, Herbs and Games Saturday, October 12 • 10am–1pm • \$25

Instructor: Candis Cantin, Integrative Herbalist, Counselor and Teacher. There are many new scientific breakthroughs on keeping our brains healthy. It has been found that watching television and electronic devices can lower the brain activity by 25%. Also, lack of healthy fats in the diet can be detrimental to the brain as well. Sleep stimulates what is known as the glymphatic system, which is the cleansing mechanism of the brain while sleeping. We will discuss how to optimize your brain health and share recipes of foods and herbs and games that support brain function.

The Art of Herbal Medicine Making One Tuesday, October 22 • 5:30–8:30pm • \$25*

Instructor: Daylin Wade, Herbalist and Community Educator. Learn simple herbal remedies you can make at home and when and how to use them. We will discuss herbal teas, tinctures, oils, salves and herbal foods, practice medicine-preparation techniques and make remedies to take home. *Plus a \$10 materials fee payable to instructor in class.

The Art of Herbal Medicine Making Two Tuesday, November 19 • 5:30–8:30pm • \$25*

Instructor: Daylin Wade. This hands-on class will delve deeper into the art and science of herbal remedies. We will discuss approaches to combining herbs and effectively extracting medicinal properties and broaden our discussion and practice in making herbal preparations, including creams and advanced tinctures. Students will take home products of their own creation. *Plus a \$10 materials fee payable to instructor in class.

Herbs for Healthy Digestion

Tuesday, December 3 • 5:30–8:30pm • \$30*

Instructor: Daylin Wade. Many medical traditions view the functioning of the digestive system as the root of health. Current science supports this concept, as we continue to understand the complex role of digestion, including the microbiome, on physical, mental and emotional well-being. This class will focus on building a healthy digestive system through herbs, diet and positive habits. The format will include lecture, herbal recipes and hands-on herbal preparations to take home. *Price includes materials fee for take-home items.

Winter Herbal Wellness

Saturday December 7 • 1–4pm • \$25*

Instructor: Daylin Wade. Each season brings unique challenges and opportunities for our well-being. This class will offer techniques for using herbs, diet, and good habits for supporting mental and physical well-being and avoiding illness in the colder, darker months of the year. The class will include lecture, demonstration and hands-on creation of herbal remedies for yourself or for holiday gifts. *Plus a \$10 materials fee payable to instructor in class.

Beginning Home Gardener Weekend Intensive Saturday and Sunday, October 5 and 6 • 9am–4pm • \$195

Instructor: Daylin Wade, Clinical Herbalist and Educator. This course covers essential topics to help the new gardener create and maintain a thriving, abundant edible organic garden. Through a combination of indoor presentations, interactive demonstrations and hands-on activities, gain the knowledge and confidence to get out and grow food for you and your family. Topics include: garden design and seasonality; building healthy soil; prepping and planting your garden; water and irrigation; garden ecology and pest control; growing herbs and perennials.

Gardening with Native Plants

Saturday, November 9 • 9am–12pm • \$25

Instructor: Mark Lum, California Native Plant Society. A hands-on introduction to planting, growing and planning your garden with native plants. They are easy to grow but it takes some observation and knowledge to get them to thrive. Contribute to the sustainability of the ecosystem in which we live.

nature & environment

Free Composting Workshop

Wednesday, October 2 • 6–7pm • Free

Instructor: Kate Waldo. Composting, or the act of breaking down organic matter, is a valuable tool for sustainable living. Explore the basics of how to start, maintain and harvest compost for your containers, gardens, yards or community green spaces. This class is in partnership with Republic Services. All participants will be entered into a raffle to win prizes.

Bird Walks with Cliff Hawley

Saturdays, Oct. 12 or Nov. 16 • 8–10am • \$10*

Learn about the birds that live in the American River Parkway. Ideal for beginner to intermediate birdwatchers. *Proceeds support the American River Ranch Restoration & Development Fund.

Experience the Secret Life of Bees

Saturday, Oct. 19 • 10–11:30am • \$39

Instructor: Rachel Morrison, The Beechangers. Bees are vital to our environment. Learn how they live together and function. After a walk around the farm identifying pollinator-attracting plants, put on a beekeeping suit and see the bees up close and personal in the apiary. Enjoy a honey tasting and discussion and sample organic fruit pollinated by the bees you just visited. *Suggested age 12 years and older. Participants must wear closed-toe shoes, long pants and socks that cover their ankles.*



Honing Your Knife Skills

Saturday, October 12 • 3–5pm • \$45*

Instructor: Dionisio Esperas, A Healthy Kitchen. Better knife skills will improve your cooking beyond measure. There's so much more than just slicing and dicing, and with proper knife techniques, prepping will be easier and quicker. In this hands-on class, you'll learn the basics, plus simple and beautiful garnishes. Learn how to choose a good knife without spending a fortune, and how to keep your knives sharp and well cared for. You'll leave with recipes and a bounty of chopped produce ready to turn into dinners for the week. Bring a chef's knife, a paring knife and a cutting board to class. **Price includes chopped vegetables to take home.*

Home-Brewed Kombucha

Saturday, November 2 • 1–3 pm • \$35*

Instructor: Anne Compton, Anvil Acre Farm. Learn about the health benefits of kombucha, its microbiology and how it works in the body. We will discuss which tools, equipment, ingredients and environment you will need to brew and maintain a healthy batch of rebrewable, sustainable and thriving kombucha tea. This is a demonstration class. Students will take home a mother culture to start brewing their own tea at home. **Price includes a mother culture to take home.*

Stocks and Broths from Scratch

Thursday, November 14 • 6:30–8:30pm • \$30

Instructor: David Nelson, Industry Cooking Classes. Stocks and broths can simply be a nourishing way to warm your soul, or the starting point for countless classic culinary concoctions. Learn the basics for making a clear-white stock for use in a hearty chicken soup. Explore strategies for making a dark, rich and mysterious brown stock with countless applications in sauces, soups and stews. Come hungry and kitchen-curious. Chef Dave is on a mission to change the way you look at food by offering hyper-informative, technique-based classes that focus on simple and fun kitchen education.

Farm Fresh Thanksgiving Sides

Saturday, November 23 • 3–5pm • \$45

Instructor: Dionisio Esperas. Learn how to make seasonal and sensational side dishes for your holiday feast such as caramelized roasted butternut squash with rosemary and shallots, winter greens gratin, maple-glazed, oven-roasted root vegetable medley and rustic apple sage stuffing. Enjoy delicious samples in class and take home the recipes to prepare your farm fresh Thanksgiving meal.

Gifts from the Farmhouse Kitchen

Thursday, December 12 • 6–8:30pm • \$35*

Instructor: Kate Helfrich. Colorful bean soups, apple spice cake, or hot pepper jelly are just some of the seasonal possibilities that make easy gifts in a jar. In this combination hands-on/demonstration class, we will look at a number of different gifts you can make in a mason jar and sample the recipes. We'll talk about seasonal canning possibilities, and fruits and vegetables that are available in the fall and winter—apples, squash, beans and more. Everyone will assemble a layered jar of bean soup ingredients to take home. **Price includes a jar of soup ingredients to take home.*



After-School Teen Empowerment Program: Building Confidence, Valuable Leadership Skills for Young Women

Second Wednesdays • 3:30–5:30 pm • \$60 one session/ \$99 for both*

Session A: Oct. 9, Nov. 13, Dec. 11, 2019 and Jan. 8, 2020. Session B: Feb. 12, Mar. 11, Apr. 8 and May 13, 2020. An opportunity for young women ages 13 to 18 to deepen their connection to the environment, themselves and each other. Through gardening, cooking and eating together, working with medicinal herbs and plants, doing art and exploring the natural world, we teach valuable life skills while building a supportive community. Through our interactions with the land, we aim to empower young women to build inner strength and confidence as well as learn valuable leadership skills. The program will be flexible and adapted to meet the interests and passions of the group. For more information, contact Jenn jmacleod@soilborn.org. **Scholarships available.*

Families on the Farm: River and Creek Exploration

Saturday, October 26 • 9:30–11:30 am • \$10

Instructor: Lacey Carlson, SBF. Hike along the American River Parkway and Cordova Creek to learn about local flora and fauna. Reconnect, build awareness and share the joy and wonders of the natural world together. Enjoy a small picnic with seasonal fruit provided by the farm. *This program is designed for youth (ages 5 through 18) and accompanying adults.*

natural arts & crafts

Introduction to Natural Dyes

Saturday, October 26 • 1–4 pm • \$50*

Instructor: Anna Meier, Natural Dyer. Before synthetic dyes, humans used plants, animals, and minerals to color everything. Learn the ancient art of natural dyes and discover the secrets and gifts of plant color. Color lives in everyday life; find pink inside your lunchtime avocado pit; see yellow in the papery onion husks that line the super-market bins; call forth oranges and reds from the roadside eucalyptus. We'll cover the basics of the process including plant collection, mordanting, fiber choices, extraction and dyeing methods, shibori techniques, ways to shift color after dyeing and how to care for naturally dyed cloth. Use natural dyes to create designs on four linen napkins to take home for your enjoyment or to present as beautiful handcrafted gifts. **Price includes materials fee for take-home items.*

Introduction to Eco-Printing

Saturday, November 16 • 9am–1pm • \$60*

Instructor: Anna Meier. Create striking prints on silk scarves using fall leaves. This hands-on class will cover the basics of eco-printing from mordant choices to plant selection; how to roll or fold for optimal prints; steaming versus boiling and more. Reveal coral red shades left by eucalyptus leaves, the pale pink of Japanese maple, or black-tinged prints left from leaves dipped in iron. Eco-print on two silk scarves to take home for your own enjoyment or to present as beautiful handcrafted gifts. **Price includes materials fee for take-home items.*

Succulent Wreath Workshop

Wednesday, December 4 • 6–8:30 pm • \$85*

Instructor: Pamela Marentis, The Succulent Marketplace. Make a beautiful succulent wreath to take home for the holidays. Learn design principles, how to prepare cuttings and to care for your wreath to keep it beautiful for years. Students should bring a hot glue gun and 5 to 10 glue sticks. **Price includes materials fee for take-home items.*



Plan, Design and Build a School Garden

Saturday, October 19 • 9am–4pm • \$75*

Instructor: Shannon Hardwicke, SBF. This one-day intensive for school garden educators will help you consider the best design for your space that will serve students and teachers while creating a dynamic and healthy ecosystem. Learn the nuts and bolts of irrigation, plant selection, needed materials, signage ideas, curriculum resources and more. Come prepared to collaborate and create. *Scholarships are available, contact Shannon at shardwicke@soilborn.org.

A Garden in Every School Symposium

Saturday and Sunday, March 14 and 15, 2020

We've planned an inspiring weekend for you! Network with like-minded teachers, parents, garden designers, community leaders, school garden coordinators, and others involved with helping kids make the connection between food, health and the environment. Gardens offer beautiful, dynamic settings to integrate every discipline, including science, math, reading, art, environmental studies, nutrition and health. By encouraging and supporting a garden in every school, we create opportunities for our children to discover fresh food, to make healthier food choices and to become better nourished. Workshops, Student-Led Projects, Hands-On Experiences, Information Booths, Delicious Food. Registration will open in December.

wellness

Winter Wellness Day: Urban Healing Retreat

Saturday, January 11 • 9am–5pm • \$75*

Presenters: Maxine Barish-Wreden, M.D., ABIHM, Rev. Candis Cantin, Daylin Wade, Ann Sibbet, Terese Hollander Esperas, Adriana Jones, Summer Ward, Kellan MacKay and Janet Zeller. Enjoy a day of inspiration, nature and rejuvenation at Soil Born Farms without leaving the city. Start the spring season off with simple, practical tips for making self-care part of everyday. Our morning panel will feature the inspiring personal stories of a farmer, cook, herbalist, doctor and yogi woven with helpful lifestyle, nutrition and herbal wisdom. During the afternoon session gather insights and tools that will help you feel your best and stay healthy with the seasons. There will be time to ask questions, relax and talk with our presenters and other participants. A delicious, organic lunch and an afternoon tea. Make the connection between food, health and the environment. Feel refreshed and motivated to take good care of YOU! *Pre-register before January 11. *Early Registration Special: Bring a friend and spend the day together! Register two people by Dec. 31 for \$100. (Save \$50). Price includes organic lunch, snacks and tea. Space is limited. Adults only.*

 **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.



Halloween at the Farm

Saturday, October 26 • 9am–1pm • Free*

Celebrate the changing of the seasons at Soil Born Farms. Enjoy fun activities for the whole family. Decorate pumpkins and play a round of pumpkin bowling while sipping on a mug of spiced hot cider and listening to live music. Make a beautiful autumn wreath to take home. Kids can dress up in their favorite Halloween costumes and trick-or-treat at our Farmstand. Come with an appetite and taste fall-inspired recipes at our *Eat Your Veggies* cooking demo and stay for our delicious fundraiser brunch.

*Admission is free but there is a small fee for the pumpkin decorating and wreath-making activities.

Class Registration: soilborn.org

Pre-registration is required for all classes. Fees are due at the time of registration. Proceeds benefit Soil Born Farms 501 (c)3 education program. All classes are held at the American River Ranch unless otherwise noted. **Please note:** Some classes are offered through a partnership with the Sacramento Natural Foods Co-op. You will be redirected to Brown Paper Tickets during the registration process.



Questions

Adriana Jones, Adult Education Coordinator • ajones@soilborn.org or (916) 363-9685 ext. 1019 • 9am–5pm Tuesday through Saturday.

Cancellation Policy

Adult and youth class cancellations are accepted up to 48 hours before the class for a full refund. Contact Soil Born Farms in order to cancel your registration for an individual class. This does not apply to courses. For Co-op classes, contact Brown Paper Tickets at (800) 838-3006.



American River Ranch

2140 Chase Drive, Rancho Cordova
right next to Hagan Park • between markers 15 & 16
on the American River Bike Trail