Class Schedule

Preparing a Spring Garden
Saturday, February 8 • 9am–12pm • $25
Instructor: Daylin Wade, Clinical Herbalist & Educator. Learn how to plan your garden space and prepare, plant and care for an abundant, thriving spring garden. This class is for new gardeners or for gardeners who are new to the region.

Free Worm Composting Workshop
Wednesday, March 4 • 6–7:30pm • Free
Instructor: Kate Waldo, Worm Fancy. Vermicomposting, the science of composting with worms, is an effective and easy way to put nutrients back into the soil and reduce waste in landfills. We’ll discuss the basics of how to start and maintain a thriving vermicompost bin, which foods, types of bins and temperatures provide an optimum environment for your worms and how to use your vermicompost in your containers, gardens, yards or community green spaces. Rancho Cordova residents will receive a free composting bin (one per family) after showing proof of residency. All participants will be entered into a raffle to win prizes.

Spring Gardening Clinic
Saturday, March 7 • 9am–2pm • Free Classes and Tours*
Learn how to grow vibrant, tasty and healthy plants from Soil Born Farm’s knowledgeable staff and community educators. This is a rain or shine event. *Registration will occur at the event ONLY and be on a first-come, first-served basis.

Beginning Home Gardener Course
Thursdays, March 12, 19, 26 & April 2 • 5:30–8:30pm • $175/195*
Instructor: Daylin Wade. This course will cover the essential topics to help beginning gardeners create and maintain a thriving, abundant edible organic garden. Presentations, interactive demonstrations and hands-on activities will give you the knowledge and confidence to get out and grow food for you and your family. We will cover garden design, seasonality, building healthy soil, preparation, planting, water, irrigation, garden ecology, pest management and growing herbs and perennials. *Early Bird through Feb. 26: $175; After Feb. 26: $195.

Permaculture Design Principles
Saturday, March 28 • 9am–12pm • $25
Instructor: Chris Brown. Permaculture uses nature’s design to grow food, fuel, fiber and medicine for our needs while also enhancing the land. Get a crash course on how and why permaculture works and learn how to establish a food forest garden that is the best physical manifestation of nature. This class is lecture and hands-on.

Spring Plant Sale
Saturday, April 4 • 9am–2pm
Join us for our collaborative plant sale with Elderberry Farms Native Plant Nursery & Demo Garden, a project of California Native Plant Society. Fill your spring garden with organic vegetable starts, medicinal and culinary herbs and flower starts grown in the Soil Born Farms Greenhouse and native plants from Elderberry Farms Nursery.

After-School Teen Empowerment Program: Building Confidence, Valuable Leadership Skills for Young Women
Second Wednesdays • 3:30–5:30pm • $60 one session, $99 both*
This program offers an opportunity for young women ages 13 to 18 to deepen their connection to the environment, themselves and each other. As we garden, cook and eat together, work with medicinal herbs and plants, make art and explore 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 Lacey at lcarlson@soilborn.org. *Scholarships available.

Families on the Farm: Stone Soup
Saturday, February 22 • 9:30–11:30am • $10
Instructor: Lacey Carlson, Soil Born Farms. Harvest, cook and share a meal together using farm fresh, organic produce grown at the American River Ranch. Families build community and connect with each other while sharing stories and making a hearty soup from scratch. Program is designed for youth (ages 5 through 18) and accompanying adults.

A Garden in Every School Symposium
Sowing Opportunity, Harvesting Change
Saturday, March 14 • 8am–6:30pm • $75/95*
We’ve planned an inspiring weekend for you! Network with like-minded teachers, parents, garden designers, community leaders, school garden coordinators, and others involved in helping kids make the connection between food, health and the environment. This year we aim to discover ways to increase equity and access through school gardens. Learn and discuss ways to grow culturally representative crops, prepare ethnic recipes using garden produce and design systems that use the naturally diverse and unique learning environment of a school garden. Workshops include curriculum, garden design, cooking, planting plans, art ideas and garden sustainability. Support our mission to have a garden in every school while you attend workshops, participate in hands-on experiences, network, eat delicious food and connect with local organizations.
*Early Bird through Feb. 28: $75, after Feb. 28: $95. Discount rate for group of 3 or more from the same school or organization: $65 per person. Price includes continental breakfast, lunch and snacks. Sunset Happy Hour and Networking Session 5–6:30pm: $10 additional cost. Scholarships available, contact Vanessa Forwood at vforwood@soilborn.org.

Connecting Food, Health & the Environment

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Connecting Food, Health & the Environment
### Winter One Pot Meals
**Saturday, January 18 • 10am–12pm • $45**
*Instructor: Dionisio Esperas, A Healthy Kitchen.* Chilly weather calls for comfort foods gently braised and simmered for flavorful results. Learn to make simple one pot meals that are perfect for weeknight meals and to have planned leftovers for lunch or to freeze. Chef Dio will show you how to make Moroccan Vegetable Stew with couscous, Indian Chicken Curry with potatoes and peas, turkey black bean chili and Southern Style Gumbo with rice. *Price includes a light lunch.

### Satisfying Superfood Soups
**Thursday, January 30 • 6 – 8pm • $30**
*Instructor: Kerin Gould, Produce with a Purpose.* Winter is the perfect time for comfort food and our flu-season resistance requires produce with loads of nutrients. Soup satisfies both conditions. Step away from sodium-laden products in cans and see how easy it is to make your own soups using fresh, high-value ingredients. Produce with a Purpose classes offer helpful nutrition information and a cooking demonstration. The recipes are super easy, madly tasty and secretly healthy.

### Meal Prep Hands-On Cooking Workshop
**Saturday, February 1 • 10am–1pm • $95**
*Instructor: Terese Hollander Esperas, A Healthy Kitchen.* Meal Prep is easy when you have ready-made delicious and healthy components on hand to create tasty, easy-to-prepare weekday meals. We’ll make the basic building block base recipes in this fun and lively hands-on class. Bring your take-home containers and leave with a bounty of prepared and cooked vegetables, healthy prepared grains, delicious organic chicken, blanched greens, savory legumes, two homemade sauces and washed and ready-to-use salad greens. The class, which includes a light lunch, is offered every quarter with new seasonal recipes. For more information, visit ahealthykitchensac.com. *Price includes a light lunch in class and food to take home for 2 people for 5 dinners and some lunches depending on your appetite.

### Vegetarian Cooking Basics
**Thursday, February 13 • 6:30–8:30 pm • $30**
*Instructor: David Nelson, Industry Cooking Classes.* Take the abundant variety of Soil Born Farm’s produce and multiply that by the infinite ways we can prepare it. This class covers vegetable cookery basics like knife work, blanching, sautéing, grilling and roasting along with many simple professional chef techniques utilizing the best of seasonal ingredients.

### The Art of Cooking Heirloom Beans
**Thursday, March 26 • 6 – 8:30pm • $35**
*Instructor: Kate Helfrich.* Tiger Eye, Peruan, Orca, Anasazi, and Arikara are just a few of the hundreds of heirloom bean varieties available in any season. These beans are healthy, sustainable and socially responsible. In this demonstration class, learn how to cook and taste many types of beans while exploring their history. Use heirlooms to dress up baked beans, soups, hummus, and bean dips and add new recipes that showcase local varieties. Each participant will prepare a jar of bean soup to take home to cook.

### Garden to Pantry: Seasonal Jelly
**Thursday, February 27 • 6– 8:30pm • $35**
*Instructor: Kate Helfrich.* Making your own jelly gives you access to all kinds of flavors you can’t buy. Jelly can be sweet or savory as a marinade and rub. In this hands-on class, we will use seasonal fruit to prepare a simple jelly recipe. We’ll cover the basics of making jelly at home and talk about both sweet and savory jellies: selecting and preparing the fruit, making the juice, preparing and filling the jars and processing. Each student will take home their own half pint of jelly and the confidence to make more at home.

### Honing Your Knife Skills
**Saturday, March 28 • 10am–12pm • $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. Please bring a chef’s knife, a paring knife and a cutting board to class. *Price includes chopped vegetables to take home.

### Natural Arts & Crafts

#### Introduction to Natural Dyes
**Saturday, January 18 • 12–3pm • $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 supermarket 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 one silk handkerchief and one cotton dish towel to take home for your enjoyment. *Price includes materials fee for take-home items.

### Nature & Environment

#### Family Nature Walks with Cliff Hawley
- **Saturdays: January 18, February 8 or March 7 • 9–11am • $10**
  Explore the plants, animals, and relationships that make up the environment of the American River Ranch Parkway. This walk is family friendly, but recommended for kids 5 and up. *(Proceeds support the American River Ranch Restoration & Development Fund.)*

#### Bird Walks with Cliff Hawley
- **Saturdays: January 25, February 22 or March 21 • 9–11am • $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.)*

#### Urban Backyard Beekeeping for Beginners
**Saturday, March 28 • 1–4pm • $25**
*Instructor: Rachel Morrison, The Beecharmers.* This class focuses on natural beekeeping practices in an urban setting and strategies to keep bees healthy. Learn the practical skills you will need to prepare your own backyard beehive and discuss bee biology, beekeeping equipment, maintenance and basic troubleshooting.
Herbs for the New Year
Tuesday, January 7 • 6–8 pm • Free
Instructor: Daylin Wade. Learn what role medicinal plants can play in increasing your health and well-being in 2020. This free talk will introduce a philosophy of herbal medicine, how herbs work, and basic remedies for maintaining and increasing health and happiness. Come with curiosity; leave with recipes and inspiration.

Basics of Herbal Medicine
Tuesday, January 28 • 5:30–8:30 pm • $25
Instructor: Daylin Wade. Bring medicinal plants into your everyday life to promote overall wellness and address minor illnesses and injuries. We will discuss the healing properties of several common herbs, and how to incorporate them through cooking, everyday herbal tonics and simple home remedies to use when ailments arise.

Menopausal Years: How to Survive the Change
Saturday, February 1 • 10 am–1 pm • $25
Instructor: Candis Cantin, Integrative Herbalist, Counselor & Teacher. When women reach menopause either naturally or surgically, the physical, psychological and spiritual changes can be confusing and overwhelming. Some women coast through this change, but others need guidance and reassurance as they traverse unknown territory. We will discuss the changes to expect; how herbs, food, and rest can ameliorate some of the symptoms and creative outlets that may help us while we find our new metamorphosed self.

The Art of Herbal Medicine Making
Saturday, February 8 • 1–4 pm • $25*
Instructor: Daylin Wade. This introductory class will cover 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. Participants will practice medicine-preparation techniques and make remedies to take home. *Plus $10 materials fee payable to instructor in class.

Herbal Body Care
Saturday, February 29 • 1–4 pm • $25*
Instructor: Daylin Wade. Body care products that nourish the skin and are free of harmful additives and chemicals are an important part of taking care of ourselves. Learn the connection between healthy skin and overall health, and learn to make several body care products, including creams, lip balms, body scrubs and more. Participants will make body care products to take home. *Plus $10 materials fee payable to instructor in class.

Growing Medicinal and Culinary Herbs
Wednesday, March 18 • 5:30–8:30 pm • $25
Instructor: Daylin Wade. Herbs in the home garden can add flavor to your meals, remedies to your medicine cabinet, and beauty, diversity and beneficial insect habitat to your landscape. This hands-on class offers instructions for growing an array of herbs and tips for harvesting and using what you grow.

Family Herbalist Course: Beginners Program
Saturdays: April 11, May 9, June 13, July 11, August 8, September 12
10 am – 4:30 pm • $475/525*
Instructor: Candis Cantin. This six-month course will teach the basics of Western Herbalology while integrating it with Ayurvedic and Traditional Chinese medicine and will include medicine-making, plant ID, how to treat acute ailments, use of tonic herbs and food for strengthening vitality and how to harvest local herbs for medicine. You will learn about your own constitutional needs and ways to balance yourself for better health and well-being. The program includes walks around the farm and the American River with lots of tasting, smelling and hands-on experience. All Classes will be held at the American River Ranch (2140 Chase Drive in Rancho Cordova) except for the June 13 session which will be held at EverGreen Herb Garden outside of Placerville. *Early Bird: $475; After March 11: $525. Payment plan option: First payment of $475 required to reserve your space. No payment plan offered for Early Bird registration.

Winter Wellness Day: Urban Healing Retreat
Saturday, January 11 • 9 am–5 pm • $75*
Presenters: Maxine Barish-Wreden, M.D., ABIHM, Rev. Candis Cantin, Daylin Wade, Ann Sibbet, Terese Hollander Esperas, Adriana Jones, Summer Ward, Dana Marie, Kellan MacKay and Janet Zeller Enjoy a day of inspiration, nature and rejuvenation at Soil Born Farms without leaving the city. A delicious, organic lunch and an afternoon tea will be served. Come make the connection between food, health and the environment. You will 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 December 31 for $100. (Save $50). Price includes organic lunch, snacks and tea. Space is limited. Adults only.

Spring Wellness Day: Urban Healing Retreat
Saturday, March 21 • 9 am–5 pm • $75*
*Pre-register before March 21. Early Registration Special: Bring a friend and spend the day together! Register two people by March 6 for $100. (Save $50). Price includes organic lunch, snacks and tea. Space is limited. Adults only.

Living in Alignment
Saturday, January 25 • 9 am–12 pm • $25
Instructor: Rachael Stanley, Ataraxis Wellness. A new year presents a tremendous opportunity to examine ourselves and commit to positive change. But what areas do we change and where do we start? By exploring the areas of our lives where we are out of alignment and identifying our core values, we can create a plan for moving forward with positive life change. Class includes lecture, guided visualization and self-exploration exercises.

wellness

animal husbandry

Raising Backyard Chickens
Saturday, February 29 • 9 am–12 pm • $35
Instructors: Greg Howes and Brian Fikes, Two Flew the Coop. Raising chickens in your yard is educational, fun and rewarding. Besides fresh eggs, they provide the added benefits of soil fertility and pest control. Learn how to choose the right breeds, provide proper housing, and ensure your chickens are healthy and producing the tastiest eggs.

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.
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Workshops • Information Booths
Best Practices • Networking
Success Stories • Delicious Food

Registration is now open, sign up today.
For more information, visit soilborn.org

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 Hogan Park • between markers 15 & 16 on the American River Bike Trail

Mark your calendars:
Winter Pop-ups Farmstand • 9am to 2pm*
Everything you love about Saturday at the Farm plus a campfire! For weekly details, visit soilborn.org

February 8  All About Fruit Trees
February 22  Wildlife Day
March 7    Spring Gardening Clinic free classes
March 21  Spring Wellness Day

Farmstand Opening Day April 4
Saturday at the Farm and Spring Plant Sale with CNPS Elderberry Nursery.

*Initiative established in 1995 by former CA State Superintendent of Public Instruction Delaine Eastin.