



April–June 22

Class Schedule

herbal studies

American River Ranch Herb Walk

Saturday, April 9 • 9–11am • \$25

Instructor: Daylin Wade, Clinical Herbalist & Owner of Taproot Botanicals. Join us for a fascinating herb walk on the farm and the American River Parkway. We will identify and discuss more than 25 edible and medicinal plants during this easy walk. Please wear walking shoes and a hat and bring a water bottle and a notebook.

Herb Walk

Saturday, May 14 or June 18 • 9–10:30am • \$15*

Instructor: Kellan MacKay, Soil Born Farms. Explore herbs that grow on the American River Ranch. Learn the identification, properties and uses of medicinal and culinary herbs to enhance health and well-being.

The Art of Herbal Medicine Making

Saturday, May 21 • 9:30am–12pm • \$30

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. Daylin will demonstrate how to make herbal treatments and participants will get recipes to make their own products.

Growing an Herb Garden

Saturday, June 25 • 9–11:30am • \$30

Instructor: Kellan MacKay. Medicinal and culinary herbs in the home garden can add flavor to your meals, home remedies to your medicine cabinet, and beauty, diversity, and beneficial insect habitat to your landscape. This class offers classroom and hands-on instruction for growing an array of medicinal and culinary herbs, and an introduction to harvesting and using what you grow.



Summer Day Camp is Back!

Students entering grades pre-K through 8 have the opportunity to explore farm, field and river environments at Summer Day Camp. Through experiential learning, discovery and play, youth will deepen their connection between food, health and the environment. Our fun hands-on camps take place at Soil Born Farms' 55-acre American River Ranch located on the beautiful American River Parkway.

Early Bird Registration through April 1: Little Sprouts \$120; Cooks Camp \$275; All other camps \$200. Registration after April 1: Little Sprouts \$140; Cooks Camp \$325; All other camps \$220.

For more information, contact our youth education team: 916 363-9685 x1009 or youthprograms@soilborn.org

nature & environment

Exploration in Nature

Saturday, April 16, May 7 or June 11 • 8:30–10am • \$15*

Instructor: Cliff Hawley, Naturalist. A walking tour of the American River Ranch to explore the plants, animals, and relationships that make up the environment of this special place. This walk is family-friendly, but recommended for kids ages 10 and up. *Co-sponsored by the Wild Birds Unlimited Nature Shop in Loehmann's Plaza. Visit the shop at 2564 Fair Oaks Blvd., Sacramento, CA 95825.*

Bird Walk

Saturday, April 30 or May 28 • 8:30–10am • \$15*

Instructor: Cliff Hawley. Start your morning off with a pleasant walk around American River Ranch viewing a variety of resident and winter birds. This walk is ideal for beginner to intermediate birdwatchers. *Co-sponsored by the Wild Birds Unlimited Nature Shop.*

Work and Learn: Discover the World of Pollinators

Saturday, May 14 • 9–11:30am • \$5

Instructor: Shannon Hardwicke, Soil Born Farms. Explore, observe and learn about many local pollinators including native bees, butterflies, bats and other specialists. Learn how you can attract all types to your yard. Come ready to participate as we create and install pollinator habitat and care for some existing spaces at the farm.

Native Plants Walk

Saturday, June 4 • 9–10:30am • \$15*

Instructor: Mark Shaffer, Happy Grow Lucky LLC and CNPS (California Native Plant Society). Take a leisurely tour of Elderberry Farms Native Plant Nursery which grows about 120 different local native plant species. Learn about the benefits of growing native plants and their adaptability to limited water resources and climate change.

Urban Backyard Beekeeping for Beginners

Saturday, June 18 • 9–11:30am • \$30

Instructor: Rachel Morrison, The Beechamers. This class focuses on natural beekeeping practices in an urban setting and strategies to keep bees healthy. Learn practical skills you will need to prepare your own backyard beehive and discuss bee biology, beekeeping equipment, maintenance and basic troubleshooting.

* Proceeds from these walks support the American River Ranch Restoration & Development Fund.

wellness

Yoga on the Farm

Saturdays, March 26 through September 10 • 8:30–9:30am • \$15

In Partnership with The Summer Moon Yoga, Meditation and Outdoor Adventures. Our 60-minute outdoor yoga classes are open to all levels. Please preregister and bring your own mat and water bottle. Any last-minute changes will be posted on our homepage.

connecting food, health & the environment

Spring Gardening Clinic & Organic Plant Sale

Saturday, April 2 • 8am–2pm • Free

Free classes, talks and tours. Learn how to grow vibrant, tasty, and healthy plants from Soil Born Farms knowledgeable staff and community educators. Activities include: preparing a spring garden, container gardening, irrigation for the home gardener, building soil fertility, herb walk, pollinator garden walk, farm tour, explore volunteer opportunities in the garden and farm, eat your veggies cooking demonstrations and more. This is a rain or shine event. Registration will occur at the event ONLY and is on a first-come, first-served basis.

Visit our Greenhouse and Garden Shop and fill your garden with vegetable starts, edible perennials, medicinal and culinary herbs, succulents and fruit trees which will provide food and beauty through the spring and summer. All plants are organically grown with love and selected for the Sacramento area.

Ask a Farmer: A Grow Your Groceries Zoom Series

Tuesdays, April 12 and June 14 • 7–8:30pm • \$15 per class

Presenters: Shawn Harrison, Soil Born Farms Founder & Co-Director. Join us for an inspiring presentation on a seasonal gardening topic each month. Classes provide basic information with time for your questions. Get expert advice and learn practical strategies to grow organic nutritious food for you and your family. Zoom classes provide a basic foundation on featured garden topics and help prepare students for the hands-on skills-building workshops that will be held in-person at the farm on Saturdays. The Ask a Farmer lectures are not prerequisites to the hands-on workshops, but are recommended for a comprehensive learning experience. Beginners and seasoned gardeners will benefit.

April 12: Planning a Summer Garden

June 14: Raised Bed and Container Gardening

Gardening with Native Plants

Saturday, April 16 • 9:30am–12pm • \$30

Instructor: Mark Shaffer, Happy Grow Lucky LLC and CNPS (California Native Plant Society). Native plants are drought tolerant, low maintenance, beautiful and attract wildlife. Get a hands-on introduction to planting, growing and planning your garden. There's nothing easier to grow than the natives, but it takes just a bit more observation and knowledge to get them to thrive. This class includes a tour of the Elderberry Farms Native Plant Demonstration Garden.

Regenerative Agriculture Farm Tour

Saturday, April 23, May 21 or June 25 • 9–10:30am • \$15*

Instructors: Tyler Stowers and Zeb Siegel, Soil Born Farms. Take a tour of the farm while learning the principles of regenerative agriculture. See how our farmers implement regenerative practices that revitalize the land and restore the historic American River Ranch.

Growing Cut Flowers

Saturday, April 23 • 9–11:30am • \$30

Instructor: Kellan MacKay, Soil Born Farms. Grow beautiful flowers without tilling the soil. Learn how to grow no-till flowering perennials and annuals that do well in our climate throughout the seasons, which flowers are best for cutting and the basics of harvesting and arranging. Class is lecture and demonstration.

Work and Learn: Native Plants

Wednesday, April 27 • 5:30–7pm • \$5

Instructor: Shannon Hardwicke, Soil Born Farms. Help to rebuild our native plant demonstration area in sustainability square and become familiar with some great natives for your yard. You will also learn about a new type of drip irrigation that uses collected rain water.

Preparing a Summer Garden

Saturday, April 30 • 9–11:30am • \$30

Instructor: Shawn Harrison. Plan your garden space for optimal production and enjoyment in this hands-on class. You will learn how to prepare, plant and care for an abundant, thriving summer garden. We will discuss starting seeds, crop selection, garden layout, and more. This class is perfect for brand new gardeners or for those who are new to this growing region.

Growing Tomatoes and Peppers

Saturday, May 7 • 9–11:30am • \$30

Instructor: Tyler Stowers. Learn how to grow healthy plants, produce abundant yields, and have fun along the way. Learn soil preparation, variety selection, trellising techniques and organic production tips.

Managing Pests and Diseases Using Organic Practices

Saturday, May 21 • 9–11:30am • \$30

Instructor: Mary Louise Flint, PhD. We will review common garden pests in the Sacramento areas and how to manage them without toxic pesticides. There will be a special focus on beneficial insects. A portion of the class will be outside in the field to find and identify pests and their natural enemies on site.

Irrigation for the Home Gardener

Saturday, June 4 • 9–11:30am • \$30

Instructor: Shawn Harrison. Drip irrigation is one of the most efficient methods of watering. This hands-on class will teach you the basic concepts of drip irrigation, the tools, design and system management and gain experience on assembly and installation techniques.

Work and Learn: Composting

Wednesday, June 8 • 6–7:30pm • \$5

Instructor: Shannon Hardwicke Turn, stir, sift and layer. Learn about basic composting while we work together to heat up our own Soil Born compost bin.

Growing an Herb Garden

Saturday, June 25 • 9–11:30am • \$30

Instructor: Kellan MacKay. Medicinal and culinary herbs in the home garden can add flavor to your meals, home remedies to your medicine cabinet, and beauty, diversity, and beneficial insect habitat to your landscape. This class offers classroom and hands-on instruction for growing an array of medicinal and culinary herbs, and an introduction to harvesting and using what you grow.

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, except those that are online, are held at the American River Ranch unless otherwise noted.

Questions: info@soilborn.org or (916) 363-9685 ext. 1019

Cancellation Policy: No refunds. Must give notice at least two business days prior to class to receive a credit.



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