



July–September '22

Class Schedule

nature & environment

Nature Lovers Walk

Saturday, July 9, August 6 or September 3 • 8–9:30am • \$15*

Instructor: Cliff Hawley, Naturalist. Spending time in nature is good for the body, mind and spirit. Curiosity will be our guide as we explore the diversity of plants, birds, beneficial insects, animals and the web of relationships that coexist in this special place. This relaxing walk is family friendly. *Co-sponsored by the Wild Birds Unlimited Nature Shop in Loehmann's Plaza. Visit the shop at 2564 Fair Oaks Blvd., Sacramento, CA 95825.*

Cordova Creek Walk

Saturday, July 16 • 9:30–11:30am • \$10 adults; \$5 kids

Instructor: Shannon Hardwicke, Soil born Farms. Walk to Cordova Creek and experience the dynamic ecosystem that is growing and changing daily following the restoration of this urban waterway. See beaver dams, water fowl, native plants and much more. Ages 5 and up.

Bird Walk

Saturday, July 23, August 27 or September 24 • 8–9:30am • \$15*

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

Native Plants Walk

Saturday, July 30 or September 10 • 9–11:30am • \$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.

Introduction to Backyard Beekeeping

Saturday, September 24 • 9–11:30am • \$30

Instructor: Rachel Morrison, The Beechangers. 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 and classes 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.

herbal studies

Herb Walk

Saturday, July 9 • 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 wellbeing.

Growing Culinary and Medicinal Herbs

Saturday, July 30 • 9–11:30am • \$30

Instructor: Kellan MacKay. Medicinal and culinary 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 class offers classroom and hands-on instruction for cultivating an array of medicinal and culinary herbs and an introduction to harvesting and using what you grow.

The Autumn Herbal

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

Instructor: Daylin Wade, Clinical Herbalist and Educator.

Autumn is a wonderful time to focus on boosting overall health and addressing challenges such as exhaustion, low immunity during cold and flu season and allergies. This class will introduce the plant remedies growing around us and teach you how to support the body and mind with herbs, diet, and habits as we transition into the cooler, darker months. The format will include lecture and hands-on activities.

Phoebe's Tea & Snack Bar Voted One of the Best Bike Trail Pit Stops

Named after a beloved cow, Phoebe's Tea & Snack Bar is a micro business created to provide on-the-job training for our teen empowerment program. We serve Pachamama organic coffee, organic tea blends, cold drinks, healthy snacks from local farms and delicious baked goods from Real Pie Co., Camina, Old Soul Co. and our own Farmhouse Kitchen. Stop by on your next bike ride, hike or farm visit. Enjoy live music. Open Saturdays 8am to 12:30pm. *Proceeds benefit our education programs.*

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, 2140 Chase Dr., Rancho Cordova, unless otherwise noted.*

Questions: Contact Laurel Smith, Adult Education Coordinator lsmith@soilborn.org or (916) 363-9685 ext.1021

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

connecting food, health & the environment

Ask a Farmer: A Grow Your Groceries Zoom Series

Tuesdays, July 12 and September 27 • 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.

July 12: Organic Gardening Q & A

September 27: Preparing Your Fall Garden

Native Plants and Drought Tolerant Landscapes

Wednesday, July 13 • 6–7:30pm • \$10

Instructor: Shannon Hardwicke, Soil Born Farms. Learn about drought tolerant plants that are perfect for your front or backyard landscape in this hands-on class. Help install a demo landscape in Soil Born Farm's Sustainability Square while you learn about and become familiar with various plant options. Families are welcome.

Regenerative Agriculture Farm Tour

Saturdays, July 16, August 13, September 24 • 9–10:30am • \$15*

Instructors: Shawn Harrison. Take a tour of the farm while learning the principles of regenerative agriculture and see how our farmers implement regenerative practices that revitalize the land and restore the historic American River Ranch. **Proceeds from this tour supports the American River Ranch Restoration & Development Fund.*

Drip Irrigation Basics

Wednesday, July 27 • 6–7:30pm • \$10

Instructor: Shannon Hardwicke. Work and learn with a focus on water conservation techniques and tools. In this time of severe drought, drip irrigation is a critical addition to gardens, landscapes and raised beds. Help to assemble a system for one of our new gardens and walk away with the knowledge to install your own.

Summer Cover Crops

Saturday, July 30 • 9–11am • \$30

Instructor: Tyler Stowers, Soil Born Farms. Cover crops build nutrients and protect our soil. Learn the benefits of planting cover crops during the summer and why they are critical in our climate, get insight on species selection and tips for successful cultivation.

Summer Fruit Tree Care

Saturday, August 6 • 9–11:30am • \$30

Instructor: Shawn Harrison. Proper care of fruit trees can boost their health and maximize their production. This is a hands-on class focused on learning how to summer prune and provide other necessary care for your fruit trees. We will be learning by doing, so please bring a hat, boots and gloves.

Cut Flower Garden:

Harvesting and Arranging Summer Blooms

Saturday, August 6 • 9–11:30am • \$30

Instructor: Lacey Carlson, Soil Born Farms. Learn how we keep our cut flower garden producing through the summer and tour our growing spaces, harvesting as we go. Arrange a beautiful, seasonal bouquet of your own with tips from our own farm florist.

The Basics of Composting and Vermicomposting

Wednesday, August 10 • 6–7:30pm • \$10

Instructor: Shannon Hardwicke. Composting can save hundreds of pounds of household waste each year. In this hands-on workshop you will learn the basics of composting and vermicomposting, while working in our demonstration compost area. Families are welcome.

Summer Gardening with Native Plants

Saturday, August 13 • 9–11:30am • \$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. Receive a hands-on introduction to planting, growing and planning your garden with native plants. This class includes a tour of Elderberry Farms Native Plant Demonstration Garden.

Preparing your Fall Garden Beds

Saturday, August 20 • 9–11:30am • \$30

Instructor: Shawn Harrison. Sacramento has a perfect climate for growing a wide variety of vegetables all year long. This hands-on class will focus on best techniques and considerations for preparing your fall garden beds for planting. We will be learning by doing, so please bring a hat, boots and gloves.

The Magic of Growing Plants from Seeds

Saturday, August 20 • 10–11:30am • \$10 adults; \$5 kids

Instructor: Emily Hain, Soil Born Farms. In this hands-on class, you and your family members will practice preparing a garden bed and amending the soil and learn proper techniques for planting and caring for seedlings to ensure successful, healthy, and productive plants.

Fall Gardening Clinic & Organic Plant Sale

Saturday, August 27 • 8am–1pm • Free

Free classes, talks and tours. Learn how to grow vibrant, tasty, healthy plants from Soil Born Farms knowledgeable staff and community educators. Topics and activities include cultivating fall/winter greens, seed saving, wreath making, native plant walk, farm tour, master beekeeper Q&A and cooking demonstrations. This is a rain or shine event. First-come, first-served registration at the event ONLY.

Preparing Raised Garden Beds

Wednesday, September 7 • 6–7:30pm • \$10

Instructor: Shannon Hardwicke. Learn how to transition your raised garden beds from summer to fall in this hands-on class. Help prep our garden beds and learn about seeding, transplanting, irrigation, soil health and sustainable garden practices.

Propagation for the Home Gardener

Saturday, September 10 • 10–11:30am • \$15

Instructor: Emily Hain. Learn to propagate your beloved outdoor perennial plants to expand your garden and share with friends and family. Observe and practice making cuttings and taking divisions of plants on the farm. Bring your hand pruners.

Seed Saving

Saturday, September 24 • 9–11:30am • \$30

Instructor: Kellan MacKay. We will discuss the importance of seed saving, how to care for plants to assure a good seed supply and how to create the right environment to save seeds. Learn the difference between open pollinated plants and hybrid seeds and get hands-on experience cleaning and storing them.

