



October–December '22

Class Schedule

herbal studies

Herbs and Lifestyle Choices for Cold and Flu Season

Saturday, Oct. 15 • 9–11:30am • \$15

Instructor: Kellan MacKay, Soil Born Farms. Get prepared for cold and flu season by mentally stocking your pantry with herbs, reviewing five recipes for winter wellness and by troubleshooting the lifestyle pitfalls that can be the root cause of illness. Leave with inspiration to be proactive in preventing a cold with ten actionable solutions. Come prepared to taste herbal remedies and have fun.

Fire Cider and Infused Honey Recipes for Year-Round Wellness

Saturday, Nov. 12 • 10am–12:30pm • \$30

Instructor: Kellan MacKay. Explore the range of possibilities when we bring together three elements for flavor and health: vinegar, honey, and herbs from the garden. We will talk about the benefits of vinegars and honey, as well as how to source the most medicinal ones available. You will get ten recipes: five versions of the folk tonic called fire cider, and five infused honeys for use in the kitchen and medicine cabinet. You will also gain an understanding of the best equipment to use when making the recipes, as well as how to get all the medicinal qualities of the plant into your vinegar or honey.

Winter Herbal Wellness

Saturday, Nov. 19 • 9:30am–12pm • \$30

Instructor: Daylin Wade, Clinical Herbalist and Educator. Learn techniques for using herbs, diet, and good habits for supporting mental and physical well-being and avoiding illness in the heart of Winter, so that we may emerge with greater energy and vitality in the Spring. The class will include a lecture, herb walk, and a demonstration of how to prepare herbal remedies at home.

Gift Giving and Beyond: The World of Homemade Salves and Balms

Saturday, Dec. 10 • 10am–12:30pm • \$30

Instructor: Kellan MacKay. Plants make some of the best skin balms and salves available to us, but so often they come with scents and ingredients that aren't necessary or sustainable AND a big price tag. Learn how to sidestep the allure of the natural products aisle and make your own balms and salves. By learning the basics of homemade skin products, you can make the exact product you need and share it with friends and family as you choose.

wellness

Yoga on the Farm

Saturdays, Oct. 1, 8, 15 and 29 • 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 register in advance. Bring your own mat and water bottle. Any last-minute changes will be posted on our homepage.

nature & environment

Bird Walks

Saturday, Oct. 1 or 29 • 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.*

Intermediate Backyard Beekeeping

Saturday, Oct. 8 • 9–11:30am • \$30

Instructor: Rachel Morrison, The Beecharmers. This workshop is designed for backyard beekeepers interested in learning intermediate level skills. There's no prerequisite knowledge required, but it will be more advanced than an introductory level workshop. We will have a short lecture and group learning style introduction and an apiary tour with open hive inspection with practical, hands-on skills to move you to the next level of beekeeping.

Cordova Creek Walk

Saturday, Oct. 22 • 9:30–11:30am • \$10 adults; \$5 kids

Instructor: Lacey Carlson, 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.

Creating Dried Flower Wreaths

Saturday, Nov. 5 • 12–2:30pm • \$30

Instructor: Lacey Carlson. Create beautiful, long-lasting wreaths with our flower team. In this hands-on crafting class, learn which flowers work best for drying and get tips for creating gorgeous dried flower decor. All participants will create a wreath of their own to take home using organic dried flowers from the farm.

Nature Lovers Walk

Saturday, Nov. 5 • 8:30–10am • \$15*

Instructor: Cliff Hawley. 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.*

Native Plants Walk

Saturday, Nov. 12 or Dec. 10 • 9–11:30am • \$15*

Instructor: Mark Shaffer. 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.

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

connecting food, health & the environment



Ask a Farmer: A Grow Your Groceries Zoom Series

Tuesdays, Nov. 8 and Dec. 13 • 7–8:30pm • \$15 per class

Presenter: 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.

November 8: Winter Cover Crops

December 13: Building Healthy Soil in Your Garden

Gardening with Native Plants

Saturday, October 8 • 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. Get a hands-on introduction to planting, growing and planning your garden with native plants. They are easy to grow but it takes just a bit more observation and knowledge to get them to thrive. This class will include a tour of Elderberry Farms Native Plant Demonstration Garden.

Regenerative Agriculture Farm Tour

Saturdays, Oct. 15, Nov. 12, Dec. 3 • 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.

Building Healthy Soils

Saturday, Oct. 15 • 9–11:30am • \$30

Instructor: Tyler Stowers, Soil Born Farms. Building healthy soil is the foundation of a bountiful garden. Join us for a discussion on the composition of soil and how we can improve it, so our crops and other plants will grow better. Discover how to assess what nutrients and amendments our soils need and find resourceful ways to create a flourishing home garden.

Composting for the Home Gardener

Saturday, Oct. 22 • 9–11:30am • \$30

Instructor: Shawn Harrison. Compost is the magic food for the organic garden. Diverse plants can be broken down through the composting process and when applied to the garden fill most of the nutritional needs for your plants. This hands-on class will teach you how to make your own compost. We will look at various composting systems to fit your space considerations and practice building a compost pile.

Growing Garlic

Saturday, Nov. 12 • 9–11:30am • \$30

Instructor: Tyler Stowers. Learn the fundamentals of growing great garlic. Topics include variety selection, fertility and water considerations, spacing and plant timing, harvest and curing and seed saving.

Winter Fruit Tree Care

Saturday, Nov. 19 • 9–11:30am • \$30

Instructor: Shawn Harrison. Proper care of fruit trees can boost their health and maximize their production. In this informational and hands-on workshop, we will cover general fruit tree science and how to prepare your trees for winter and early dormant season pruning. Half of this class will be held outside in the orchard, so please wear appropriate clothing and footwear.

Crop Planning and Rotation

Saturday, Dec. 10 • 9–11:30am • \$30

Instructor: Tyler Stowers. Learn The Fundamentals of crop planning and rotation. This essential and often overlooked practice is the only way to ensure continuous supply of your favorite crops and contribute to your improved skill as a grower.

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

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 info@soilborn.org

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

connecting food, health & the environment