

# FLEX Garden Workshop Series!

| DATE                       | WORKSHOP TITLE                                       | SUMMARY                                                                                                                                                                                                                                                                                                                                                                | CATEGORY         |
|----------------------------|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Wednesday,<br>September 26 | <b>Bundles and Bundles: Drying Herbs for Cooking</b> | Learn how to dry fresh herbs for use in cooking all year round! We will harvest herbs from the Courtyard garden and prepare bundles for you to take home. These dried herb bundles are great for a Thanksgiving Turkey or can be used for any meal you'd like to make! They are also great gifts! And we will try to make enough bundles to sell as a FLEX fundraiser! | MAKING / DIY     |
| Wednesday,<br>October 17   | <b>Pickle Passion: Preserving the Harvest</b>        | In this workshop, we will learn techniques for processing and preserving food that has been harvested from the garden. We will learn about fermentation and will make several kinds of pickles which you will get to take home with you!                                                                                                                               | MAKING / DIY     |
| Wednesday,<br>November 21  | <b>Fabulous Fungi: Growing Edible Mushrooms</b>      | In this workshop, we will explore the magical world of fungi and learn about growing our own edible mushrooms. We will set up two different systems for growing shitake and oyster mushrooms right here in the Courtyard Garden!                                                                                                                                       | GARDENING SKILLS |

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| <p><b>Wednesday,<br/>December 12</b></p> | <p><b>Do-It-Yourself Body Care &amp; Herbalism (Part 1)</b></p>       | <p>Learn how to make your own lip balm! In this workshop, we will learn how to use plants from the garden to make medicinal body care products. We'll discuss the health benefits of the various ingredients and will learn simple ways to bring herbal medicine into your daily life.</p> | <p>MAKING / DIY</p>     |
| <p><b>Wednesday,<br/>January 16</b></p>  | <p><b>Indoor Edibles: Growing Sprouts &amp; Micro-Greens</b></p>      | <p>This is workshop on growing your own microgreens and sprouts. You will learn all the basics on how to grow healthy and delicious greens, providing a great nutritious addition to salads, sandwiches, and more throughout the entire year.</p>                                          | <p>GARDENING SKILLS</p> |
| <p><b>Wednesday,<br/>February 20</b></p> | <p><b>Planning the Year-Round Veggie Garden</b></p>                   | <p>February is the time to browse seeds catalogues and plan the garden for the season. We will learn about seasonal cycles and you will help choose what to plant and what seeds to order for the Courtyard Garden.</p>                                                                    | <p>GARDENING SKILLS</p> |
| <p><b>Wednesday,<br/>March 13</b></p>    | <p><b>Tiny Little Creatures: Worm-Composting and Compost Teas</b></p> | <p>Soil supports all plant life and is vital to life on earth, yet we understand very little about its complexities! We will dig deeper into the magic of soil and learn techniques to improve soil ecology with compost teas and worm-composting techniques.</p>                          | <p>GARDENING SKILLS</p> |

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| <p><b>Wednesday,<br/>April 17</b></p> | <p><b>From Seed to Seedling: Planting the Spring Garden</b></p> | <p>When Spring arrives, it's time to get your hands dirty! Learn how to start seeds, transplant, and care for vegetable crops by planting the spring garden in the Courtyard! We will also learn about the mental health benefits of spending time playing with soil!</p>                                                                             | <p>GARDENING SKILLS</p> |
| <p><b>Wednesday,<br/>May 15</b></p>   | <p><b>Plant Medicine: Making Medicinal Teas</b></p>             | <p>In this workshop, we will blend our own herbal teas! We will learn about medicinal properties of the plants we are using and will create special blends for relieving stress, calming anxiety, and soothing digestion. We will brew up some tea to drink during the session and you will take home a pack of your own specially crafted blend!</p> | <p>MAKING / DIY</p>     |
| <p><b>Wednesday,<br/>June 12</b></p>  | <p><b>Do-It-Yourself Body Care &amp; Herbalism (Part 2)</b></p> | <p>Learn how to make homemade lotion! In this workshop, we will learn how to use plants from the garden to make medicinal body care products. We'll discuss the health benefits of the various ingredients and will learn simple ways to bring herbal medicine into your daily life.</p>                                                              | <p>MAKING / DIY</p>     |



