

URBAN FARMING 101

A Ten Session Course in Urban Farming and Small-scale Grain Production

When: Every other Saturday, June 5 to October 23, 8am-3pm

Where: Various farm plots around Southeast Portland, plus suburban & rural country acreages.

Topics to be covered:

- Year-round vegetable growing and harvesting in the Cascadian bioregion
- Staple crops: Planting, cultivation, harvesting and processing. Crops to include oats, triticale, buckwheat, millet, quinoa, dry beans, flour corn, flax and more
- Medicinal herbs: cultivation and processing
- Farming-by-bicycle: challenges and rewards
- Starts and transplanting
- Design strategies and choices for plots of varying sizes, from small front yards to acreages
- Seed saving and basic plant-breeding principles
- Insect identification and management, including basics of beekeeping
- Greenhouses, cloches, cold frames, and shade-houses: design and use
- Weed identification and management
- Composting & soil amending
- Dry-farming and water-wise irrigation
- Cover-cropping
- Plant communication
- Farm budgeting & financial sustainability in changing economic times
- Methodology: Lecture + Lab. Instruction will feature hands-on agricultural work, lecture, and Q&A led by Farmer K and other local growers. Students will receive hand-outs each session, for assembling a 3-ring binder they can reference and share.
- Students will be offered fresh produce and staple crops, seed for their own projects, and more.
- Children of students are very welcome to attend.
- The farm will provide all tools and implements. Students provide their own workgloves and lunch and are encouraged to eat a big breakfast.

PRICING: \$650, with at least half paid up front; Work-trade offered for discounted tuition or full scholarship. Enrollment is limited to no more than 10 students.

About Sunroot Gardens:

Sunroot Gardens is a bicycle-based urban farming operation utilizing a CSA (Community Supported Agriculture) model. The project includes 20+ city plots for growing vegetables and medicinal herbs, as well as a handful of suburban and rural acreages for staple crops such as grains, pulses and oilseeds. Made locally known by the Willamette Week, Mercury, Oregonian, KBOO, Sellwood Bee, Oregon Tilth, Portland Monthly, Portland Indymedia, and more, Sunroot Gardens is riding the leading edge of an urban farming trend that is national in scope. Sunroot Gardens was founded by Kolibri terre Sonnenblume, aka "Farmer K", a lifelong grower, who has been raising vegetables in the City of Roses since 2004.

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