

Rooting DC 2017

Workshops highlighted in **yellow** are kid-friendly under parental supervision.

Session A – 10 – 11 am

Room	Workshop Title	Presenter Name	Organization
204	Seed Starting	Natalie Carver	Love & Carrots
205	Foodtalks: What's Your Food Story	Melissa Jones	Good Soil Events
210	Season Extensions	Christian Melendez	Savory Farms
212	Beyond Bok-Choy	Wendy Kiang-Spray	Author, The Chinese Kitchen Garden
215	Bioregional herbalism: using local plants as medicine	Holly Poole-Kavana	Little Red Bird Botanicals
219	From Evergreen to Edible	Ramona Winkelbauer	--
224	Building a Great Raised Bed	Jessica Richards-Murray	City Blossoms
226	The Food Systems Approach to Equitable Development	Philip Sambol & Casey Dunajick	Good Food Market
229	Getting Your Garden Ready for Spring	Kathy Jentz	Washington Gardener Magazine
304	Composting for Social Justice	Sophia Hosain	--
306	Growing Food in Challenging Spaces	Meredith Sheperd	Love & Carrots
307	Creating a Food Forest	Lincoln Smith	Forested
309	Sauerkraut for Strength: Beginning Vegetable Fermentation	Rachael Armistead	The Sweet Farm
311	Development of Ethnic Food crops in the Washington, DC Metro Area	Yao Afantchao	University of DC
317	Responsible Consumerism in our Food System	Josh Singer	DC Dept. of Parks and Recreation
Black Box	7x7: Food Justice for Educators	(see below)	(see below)

Seed Starting, room 204

Natalie Carver, Love & Carrots

Learn how to successfully start your own seedlings! We'll cover types of containers, potting soil mixes, planting dates, and seedling care.

Foodtalks: What's Your Food Story, room 205

Melissa Jones, Good Soil Events

Three black growers will take you on a journey as they share their food story. Stories of community, resilience, challenges, healing, justice, victory, lessons learned from the land and more will be shared. These stories are ones that are ancestors experienced as well, but agriculture has been a path of success for many in the black community. We invite you to listen in. Food Talks is a platform for individuals to share their journey with food. These are wholesome food stories- ones that speak to healthy living, build thriving communities, fight for food justice, support healthy environments, and one that gracefully shout that "food is everything." Storytellers: Xavier Brown, Urban Farmer and Founder of Soilful City, Violet King, Program Director of TheARC Farm, and Jennifer Lumpkin of MyGrowConnect.

Season Extensions, room 210

Christian Melendez, Savory Farms

Learn how to extend your growing season with various tips and techniques.

Beyond Bok-Choy, room 212

Wendy Kiang-Spray, Author, The Chinese Kitchen Garden

Wendy will describe a wide variety of Asian vegetables such as chrysanthemum greens, luffa gourds, bitter melon and more, along with growing tips for success. She'll explain how to use these vegetables traditionally and in your own recipes. Learn tricks to grow delicious Asian greens and prevent bolting and pests, and how to use fragrant lemongrass or kaffir lime leaves in recipes.

Bioregional herbalism: using local plants as medicine, room 215

Holly Poole-Kavana, Little Red Bird Botanicals

Our ecosystems contain an abundance of healing plants and opportunities to create sustainable, community-based medicine. This workshop will cover basic concepts of bioregional herbalism, medicinal herb cultivation, and wild-harvesting plants for medicine. We'll also cover specific uses of lots of local plants!

From Evergreen to Edible, room 219

Ramona Winkelbauer

Showcasing progress, failures & successes in transforming my "eighth of an acre" from the usual (ever/green) landscaped lot to a more permaculture / edible oasis

Building a Great Raised Bed, room 224

Jessica Richards-Murray, City Blossoms

This workshop will include a lecture and hands-on activity for learning to build a sturdy raised bed. We will discuss materials, local sources, and techniques while constructing a few example beds. Participants will leave with the knowledge and Confidence to build their own beds!

The Food Systems Approach to Equitable Development, room 226

Philip Sambol & Casey Dunajick, Good Food Market

Creating a food desert retail solution is a multifaceted challenge that involves commercial and residential real estate, education, workforce development, and policy coming together to foster a conducive environment. Efforts must be tailored to meet the needs and capitalize on the assets of the specific community in which they operate. This workshop lays out the successes the food justice community has accomplished, and those we've yet to achieve, with a focus on coalition building and cooperative resource sharing.

Getting Your Garden Ready for Spring, room 229

Kathy Jentz, Washington Gardener Magazine

Beginner/intermediate gardeners are often overwhelmed by the long spring to-do lists of garden tasks. We'll cover: ~ what chores are essential and which can you safely skip ~ cost-saving tips and tricks ~ best plants for our region and

how to give them a successful start on life- soil preparation and testing

Composting for Social Justice, room 304

Sophia Hosain

This workshop is designed to talk about the ways in which environmental action and social climate intersect. In a time where democracy no longer represents social demand, how can we continue to create the change we want to see? We will explore composting, radical environmentalism, and more, aiming to give people the tools they need to create movement, power and momentum in their communities.

Growing Food in Challenging Spaces, room 306

Meredith Sheperd, Love & Carrots

Growing a productive vegetable garden isn't just for folks with unlimited space and time; explore your site and know your vision to create a tailored garden that will bring you joy for Seasons to come!

Creating a Food Forest, room 307

Lincoln Smith, Forested

Learn how to create a layered, polycultural food forest to feed yourself, your family and your neighbors. Lincoln will discuss forest garden methods, some of the great plants you can grow, and how to take care of them. Learn from Lincoln's 10 years of forest garden successes and learning experiences.

Sauerkraut for Strength: Beginning Vegetable Fermentation, room 309

Rachael Armistead, The Sweet Farm

Learn the basics of veggie fermentation in this demonstration class. Attendees will learn about the science, history and health benefits of vegetable fermentation. A sauerkraut making demonstration will show attendees how to make their own basic kraut recipe at home, with tips on ingredient selection, salt use, technique, troubleshooting, and serving suggestions.

Development of Ethnic Food crops in the Washington, DC Metro Area, room 311

Yao Afantchao, UDC

I will discuss the introduction of the Ethnic Specialty Crops in the Washington D.C Metro Area, as an answer to the demand of the home food needs by immigrant populations. To achieve this, a plant cultural study has been conducted to determine adaptability to the area climate. An outreach program is setup to introduce the DC metro arearesidents to these food items.

Responsible Consumerism in our Food System, room 317

Josh Singer, DC Dept. of Parks and Recreation

As consumers we often have more power than as voters and citizens over issues we care about in our food system. Our country is full of progressive victories that came from responsible and intentional consumerism. Responsible consumerism has given poor migrant farm workers the power to negotiate human rights with powerful multinational corporations. Responsible consumerism can encourage companies to meet environmental, worker and health standards. And unintentional consumerism can also encourage companies to avoid these same standards. What we chose to buy at our grocery stores, markets and restaurants shapes what our food system looks like at all levels. This class will focus on food products and companies to promote and to avoid and how to make huge changes in our country, not by marching in the streets, lobbying politicians or changing your lifestyle, but just by choosing different products to buy and not buy.

7x7: Food Justice for Educators

Name	Organization	Workshop Title
Eirann Cohen	Campus Kitchens	Sowing Seeds for Healthy Kids
Malka Roth	City Blossoms	Mighty Greens: From Farmers to Youth Entrepreneurs; How We Make it Work in the Garden
Patrick McDermott	Common Threads	Healthy Educators in the Digital Space
Mary Van Dyke	Green STEM Learning	Saving Seeds ~ Beauty and Bounty
Rosalyn Lam	Food Recovery Network	Food Waste in Higher Education
Sam Ullery	DC Office of the State Superintendent of Education	DC School Garden Successes
Jake Dacks	Washington Youth Garden	Popular Plants for Gardening with Youth

Session B - 11:15 am - 12:15 pm

Room	Workshop Title	Presenter Name	Organization
204	The Five Spice Kitchen: Growing & Preparing Asian Vegetables	Sherry Russell	--
205	Advancing Food Justice in the District	Asha Carter	DC Greens
210	Farm Bill 101: Local Food and Federal Policy	Kelliann Blazek & Edward Edney	US Congress (Chellie Pingree, D-ME)
212	Food Revival! Think before you toss!	Puwen Lee & Aisha Salazar	Arlington Food Assistance Center
215	Honeybee Issues: The obvious & not-so-obvious reasons it's a crisis	Larry Marling	EcoHoneybees
219	The Energetics of Herbs	Nazirahk Amen	Purple Mountain
224	Garden Maintenance A-Z	Josh Singer	DC Dept. of Parks and Recreation
226	Get Up, Get Out, Explore!	Taylor Willis	Washington Youth Garden
229	Chickens In Schools Certification Training	Sam Ullery & Kate McLynn	DC Office of the State Superintendent of Education & DC Schools
304	Composting with Worms, Vermiculture	Jock Robie	--
306	Soil Health 101	Dominc Pascal	THEARC Farm
307	DC Food Policy Council Listening Session	Laine Cidlowski	DC Food Policy Council
309	Growing Girls as Future Food Leaders for Healthy Communities	Tambra Raye Stevenson	WANDA: Women Advancing Nutrition, Dietetics, and Agriculture

311	Growing Opportunities: How the USDA is supporting new farmers, urban agriculture & local food systems	Americo Vega-Labiosa	US Dept. of Agriculture
317	Buggin' Out: Pest ID and Organic Solutions	Jake Dacks	Washington Youth Garden
Black Box	7x7: Gardening 101	(see below)	(see below)

The Five Spice Kitchen: Growing & Preparing Asian Vegetables, room 205

Sherry Russell

Participants are introduced to Asian vegetables with their wide range of colors, flavors, shapes and textures. They will be given basic growing instructions for easy-to-grow vegetables and easy cooking ideas.

Advancing Food Justice in the District, room 205

Asha Carter, DC Greens

Together, we'll talk about the food injustices in DC, what food justice might look like, and some of the upcoming ways to advance a more just food system for the people of DC.

Farm Bill 101: Local Food and Federal Policy, room 210

Kelliann Blazek & Edward Edney, US Congress ([Chellie Pingree, D - ME](#))

This session will provide an overview of the Farm Bill, which is expected to be reauthorized in 2018. You'll learn about what programs are in the Farm Bill, who works on the Farm Bill, and more! The group will have an opportunity to share ideas and stories about what's needed to support local food systems.

Food Revival! Think before you toss! Room 212

Puwen Lee & Aisha Salazar, [Arlington Food Assistance Center](#)

Limp greens? Rubbery carrots? Stale bread? Waste not, want not: think before you toss! With this hands-on class, learn how to save your leafy greens, regrow vegetables, and how to properly store and extend the life of your food. You'll also learn some quick and easy recipes to reduce food waste at home.

Honeybee Issues: The obvious & not-so-obvious reasons it's a crisis, Room 215

Larry Marling, EcoHoneybees

Is there a road back? An hour long layman's discussion outlining many of the different challenges honeybees face locally. Often oversimplified, the depth of the bee crisis might surprise you.

The Energetics of Herbs, Room 219

Nazirahk Amen, [Purple Mountain](#)

Whether lay person or herbalist, understanding the energetics of herbs enhances their efficacy by adding creativity and depth to their usage. Chinese Medicine and Aryurveda are thousand year old systems of medicines that have successfully treated diseases and enhanced the health of many. We will discuss how we can apply an understanding of basic energetics to common foods and herbs that we can grow locally to improve and enhance health.

Garden Maintenance A-Z, Room 224

Josh Singer, [DC Dept. of Parks and Recreation](#)

Ever wonder how to prune a tomato plant? Self pollinate a squash? Harvest greens multiple times in one season? Tell if a watermelon is ripe without knocking on it? Sprout sweet potatoes in your house? Prune and dry basil? Know when garlic is ready to harvest? This class is about all those garden maintenance tips and much more.

Get Up, Get Out, Explore! Rm 226

Taylor Willis, Washington Youth Garden

This workshop will aim to instruct youth and their families how to engage outdoors and understand environmental concepts with fun, educational, and low-cost activities. Activities are designed to connect children to the natural world as a learning resource and as a place for self-exploration and personal growth. Some activities will include worm bins, dress up kits, natural board games, songs, and more!

Chickens In Schools Certification Training, Rm 229

Sam Ullery & Kate McLynn, [DC Office of the State Superintendent of Education](#) & DC Schools

A growing number of schools in the District are establishing chicken programs as learning tools for students. While the benefits are many, chickens require vigilant care and attention. Attendees will learn how to get started, care for, and engage students in a school-based chicken program. Attendees will create a chicken management plan and receive certification that will allow them to properly assist schools with running a successful chicken program. School staff and community members are strongly encouraged to attend as a team.

Composting with Worms, Vermiculture, Rm 304

Jock Robie

I cover the basics of "What is Worm Composting?" Why do it? What to consider before you try? Topics include what is necessary for the worms to thrive. And what is necessary for the worm keeper to survive. I demonstrate the set up and harvesting of worm bins. I also cover the benefits of worm castings and worm tea for gardening.

Soil Health 101, Rm 306

Dominic Pascal, [THEARC Farm](#)

We will share the importance of soil restoration for plant growth and environmental restoration. Soil is a big factor in addressing climate change and we will cover this topic as well as ways to improve the soil of the farm or garden you are working at.

DC Food Policy Council Listening Session, Rm 307

Laine Cidlowski, DC Food Policy Council

Five members of the DC Food Policy Council will briefly share about the work of the DCFPC, ways to get involved and their plans for the coming year. The majority of the session will focus on getting community buy-in and to cooperatively shaping values and vision for the DCFPC. The session will be interactive, we want to hear from you!

Growing Girls as Future Food Leaders for Healthy Communities, Rm 309

Tambra Raye Stevenson, [WANDA: Women Advancing Nutrition, Dietetics, and Agriculture](#)

We invest in girls because they will become women with the capacity to uplift their families and transform their lives. As future nutrition researchers, food scientists, dieticians, farmers and food entrepreneurs, they will build local economies and promote inclusion in the STEM field. As community educators, they will share and preserve their cultural foodways. Also as mothers they will provide the first foods for their babies. Women and girls - eat locally and think globally - are key drivers of influence of taste, choice and trends in food.

Growing Opportunities: How the USDA is supporting new farmers, urban agriculture & local food systems, Rm 311

Americo Vega-Labiosa, [US Dept. of Agriculture](#)

This workshop will start with a broad overview of the USDA, emphasizing how USDA is embracing diversity, collaboration, and innovation to serve all of its stakeholders, including businesses, producers, and consumers. Presenters will then dig into specific resources available to support urban farmers, new farmers, and local food systems. The workshop target would be for people who are largely unfamiliar with the USDA, and seeking resources to support their work.

Buggin' Out: Pest ID and Organic Solutions, Rm 317

Jake Dacks, [Washington Youth Garden](#)

This workshop is a primer on dealing with the most common and problematic insect pests in DC. We'll help you identify the culprits and offer organic solutions to keeping your garden healthy and bountiful.

7x7: Gardening 101

Name	Organization	Workshop Title
Holly Poole-Kavana	Little Red Bird Botanicals	Keeping Herbs Local
Mark Perry		Biodynamic Gardening aka planting by moon
Meredith Sheperd	Love and Carrots	Growing Food in Challenging Spaces
Christian Melendez	Savory Farms	Seasons Extensions
Kate Lee	DC Greens	Bugs and Diseases
Amelia Vogel		Uncommonly Good: Notes from an Obsessive Seed Collector
Montae Lawson		Where Compost Happens

Session C - 1:45 pm -2:45 pm

Room	Workshop Title	Presenter Name	Organization
204	How Plants help clean up our local waterways	Ariel Trahan	Anacostia Watershed Society
205	Injustice in the Globalized Food System	Ben Friton	Forested
212	My Food has Friends: Companion Planting 101	Lola Bloom	DC Bilingual Public Charter Office
215	Herbal Remedies in Four Seasons	Holly Poole-Kavana	Little Red Bird Botanicals
219	Overview of Food Recovery in DC	Josh Singer	DC Dept. of Parks and Recreation
224	Drip, Drip, Drip....Irrigation	Kate Lee	DC Greens
226	Growing Food with Your Children: Getting the Vittles with the Littles	Yvonne Brown	--
229	Eating Well on a Budget	Juju Harris	--
304	Poop to produce (and power)!	Bill Brower	DC Water and Sewer Authority
306	Your First Organic Garden	Liz Whitehurst & Spencer Ellsworth	Owl's Nest Farm
307	Grow your own Cannabis	Donald Pereira	Capsterdam University
309	Sharing plants through seeds and cuttings	Ibti Vincent & Mark Haskell	Slow Food DC

311	Soilfood Soulfood Soilful. Utilizing gardening as tool to transform communities	Xavier Brown	Soilful City
317	Our Journey Red, Black, Green and Vegan	Zatiti Ema	--
Black Box	7x7: Food Justice & Policy	(see below)	(see below)

How Plants help clean up our local waterways, Rm 204

Ariel Trahan, [Anacostia Watershed Society](#)

Want to learn about how plants play a role in cleaning up our local waterways? The Anacostia Watershed Society is working to make the Anacostia River swimmable and fishable by 2025. Increasing the amount of plants in our watershed will play a large role in helping us achieve that goal. Come learn how you can get involved. Also learn about AWS programs such as our Watershed Stewards Academy (9 week course on watershed stewardship), Saturday Environmental Academy (10 week program for 7th and 8th graders).

Injustice in the Globalized Food System, Rm 205

Ben Friton, [Forested](#)

Learn about why the global food system could already feed the human population two times over, yet leaves nearly 2 billion people hungry. Discover what we can do as gardeners, farmers, and consumers to feed a growing global population with healthy, nutritious food. Understand the economic pressures that dictate our farming/gardening methodologies & diets and how to determine what you can grow to best suit your and your needs and your community's needs.

My Food has Friends: Companion Planting 101, Rm 212

Lola Bloom, [DC Bilingual Public Charter Office](#)

Plants, just like people, have relationships that can make them stronger and live longer. Come and find out how to design a diverse edible garden with companion plantings!

Herbal Remedies in Four Seasons, Rm 215

Holly Poole-Kavana, [Little Red Bird Botanicals](#)

Explore the relationships between seasonal cycles, local herbalism, and our bodies! This workshop will touch on the energetics of each season, herbs that often provide good support for seasonal transitions, and the yearly cycle of growing medicinal herbs.

Overview of Food Recovery in DC, Rm 219

Josh Singer, [DC Dept. of Parks and Recreation](#)

Currently in the US, 40% of all of our food produced ends up in the dump, while 13% of all homes nationwide are food insecure. In 2015, over 30 different nonprofits, for-profits, government agencies, and food banks, all working on food recovery in the greater DC area, formed the DC Food Recovery Working Group (dcfoodrecovery.wordpress.com) to promote the numerous food recovery programs happening while coordinating citywide food recovery initiatives. In this class, we will discuss all the different local opportunities in DC for consumers and businesses to recover their food and make a difference.

Drip, Drip, Drip....Irrigation, Rm 224

Kate Lee, [DC Greens](#)

An easily customizable drip irrigation system can save time, money, and natural resources. This workshop will teach the basic parts of a system and how to assemble the pieces. Come ready to throw your hands into the mix because session participants will work together to construct a demonstration drip system. We'll also discuss winterizing your drip system, troubleshooting, and sources for materials.

Growing Food with Your Children: Getting the Vittles with the Littles, Rm 226

Yvonne Brown

It can be difficult to get everything done with kids underfoot. We'll discuss ways to get the involved or at least occupied.

Eating Well on a Budget, Rm 229

Juju Harris, NaNa JuJu Rocks Food

Learn about food assistance benefits in the DC area, as well as other food acquisition resources if you don't qualify for government assistance. From growing your own food, to urban foraging, to meal planning and budgeting, JuJu will show you ways to get the best meals for your buck. A cooking demonstration will be provided.

Poop to produce (and power)!, Rm 304

Bill Brower, [DC Water and Sewer Authority](#)

Come hear how D.C.'s largest recycling effort is improving our soils and helping plants grow across the capital region with biosolids.

Your First Organic Garden, Rm 306

Liz Whitehurst & Spencer Ellsworth, [Owl's Nest Farm](#)

In this workshop for total newbies, we'll cover everything you need to know to get growing: soil fertility, irrigation, pests and diseases, crop selection, sourcing seeds and tools, and more. Leave with practical tips and plenty of inspiration for starting your herb, vegetable, and/or fruit garden.

Grow your own Cannabis, Rm 307

Donald Pereira, [Capsterdam University](#)

How to grow your own cannabis.

Sharing plants through seeds and cuttings, Rm 309

Ibti Vincent & Mark Haskell, [Slow Food DC](#)

Save money and share the wealth by saving your own seeds and learning how to propagate new plants from existing ones! We'll talk you through the basics, then practice harvesting seeds from a few different fruits and veggies, sprouting sweet potatoes, and propagating herbs from cuttings. This workshop will feature some Slow Food "Ark of Taste" plants/seeds.

Soilfood Soulfood Soilful. Utilizing gardening as tool to transform communities, Rm 311

Xavier Brown, [Soilful City](#)

Workshop will focus on ways that farming and gardening can be used as a strategy to transform communities drawing from the wisdom of plant and wisdom of community members

Our Journey Red, Black, Green and Vegan, Rm 317

Zatiti Ema

Learn how to incorporate more fruits, vegetables, grains, seed and nuts into your diet for optimal health. Learn to make healthy smoothies and nut milks. Learn about Acid/alkaline foods. This presentation will give you an introduction to plant based diets and help you transition from flesh/ meat diet, processed foods and unhealthy palate to a plate that is heavy on plants and fresh foods. You will also be introduced to healthy supplementation and indoor gardening.

7x7: Food Justice and Policy

Name	Organization	Workshop Title
Rhonda Keith	DC Public Schools	In the Fight Against Food Waste, Facilities Workers are the Front Line
Philip Bogdonoff	Biodiversity for a Livable Climate	Farmers: The Next Climate Heroes
Melissa Gouge & Victoria Gonclaves	DC Fair Food	Where does our food come from?: Farmworker justice in DC with the Coalition of Immokalee Workers
Muhsin Umar & Wallace Kirby		From the Soil to the City
Annie Li	DC Urban Greens	Growth in Unlikely Places Helping Needy Spaces
Chris Jones		Urban Cropping
Laine Cidlowski	DC Office of Planning	DC Food Policy Council Update

Session D – 3 – 4 pm

Room	Workshop Title	Presenter Name	Organization
204	The Three Season Urban Garden: how to plan for veggies, March to November!	Rebecca Lemos & Hillary Quarles	City Blossoms
205	Tips and Tricks for Gardening with Youth	Jake Dacks	Washington Youth Garden
210	Tips and Tricks for the Resourceful Cook	Brainfood Community Cooking Coaches	Brainfood
212	Urban Agriculture in Changing DC Neighborhoods	Yuki Kato	Georgetown University
215	When Am I Ever Gonna Use This?!: Preserving your Produce Bounty	Liz Whitehurst	Owl's Nest Farm
219	Worm Composting in Your Urban Home	Jeffery Neal	Loop Closing
224	Making More Plants- Propagation 101	Christina Scheltema	Mamie D. Lee Community Garden
226	Rain Gardens & the RiverSmart Home Program	Lauren Linville	District Department of Environment and Energy
229	Soil-ecology made easy	Ben Friton	Forested
304	From Seed to Table: Tomatoes!	Carly Mercer	Love & Carrots
306	The DC Central Kitchen Playbook	Alexandra Stern	DC Central Kitchen
307	Inspiration Grows and Education Nourishes Life	Jen Mendez	PERMIE KIDS
309	Farming in the City: An Intro to Vertical	Niraj Ray	Cultivate the City

	Farming		
311	Beginning Seed Saving	Willow Thompson	Southern Exposure Seed Exchange
317	Permaculture and Resilience	Joe Ludes	REAL School Gardens
Black Box	7x7: Game Changers in the DC Food System	(see below)	(see below)

The Three Season Urban Garden: how to plan for veggies, March to November!, Rm 204

Rebecca Lemos & Hillary Quarles, [City Blossoms](#)

This workshop will cover vegetable plant families, focusing on when they grow and how to plant them for continuous production throughout the spring, summer and fall. We will discuss participant’s favorite veggies and lead an activity to create a three season planting plan using seeds and seedlings. Participants will leave ready to plant their spring garden, knowing how to transition into summer and fall plantings.

Tips and Tricks for Gardening with Youth, Rm 205

Jake Dacks, Washington Youth Garden

There are lots of things to consider when planning a garden that will involve youth. This workshop will highlight some of Washington Youth Garden's most popular plants, and lay out a rubric for choosing plants based on fun, education, and ease. We will also demonstrate how to engage students in different gardening techniques as the season progresses, and discuss some features that create an engaging garden-based environment.

Tips and Tricks for the Resourceful Cook, Rm 210

Brainfood Community Cooking Coaches, [Brainfood](#)

Come ready to roll up your sleeves and follow a recipe from start to finish, ending with a tasty snack. This hands-on workshop is led by a group of high school students from across DC who have become healthy cooking educators through Brainfood's Community Cooking Coaches program. In this hands-on workshop you'll learn tips and tricks for seasonal, healthy eating on a pinched budget. Want to learn and practice basic cooking techniques or hear some fresh ideas for affordable healthy cooking? This is the workshop for you, no matter your skill level in the kitchen.

Urban Agriculture in Changing DC Neighborhoods, Rm 212

Yuki Kato, [Georgetown University](#)

Because urban cultivation takes place in the city, it is imperative that the projects cultivate healthy and cooperative relationship with the surrounding communities, though realizing this goal often takes more than good intentions. The rapid pace of gentrification in many DC neighborhoods raises the stake in these relationships, especially when the growers are newcomers in previously low-income communities of color. The workshop will feature representatives from the urban agricultural projects who have been able to successfully engage local communities while also contemplate where these projects and others may have encountered challenges in their community outreach efforts. The aim of the workshop is to identify the common pitfalls in community engagement and to discuss ways to avoid, identify, or overcome these challenges.

When Am I Ever Gonna Use This?!: Preserving your Produce Bounty, Rm 215

Liz Whitehurst, [Owl's Nest Farm](#)

Here's how to get the most out of your CSA share or garden - by freezing, canning, dehydrating, fermenting, or properly storing what you receive from your farmer/backyard. We'll help you feel comfortable with the basics of each method, so you can turn your cornucopia into snacks, sauces, and simple meals year-round.

Worm Composting in Your Urban Home, Rm 219

Jeffrey Neal, Loop Closing

Bring and show bins being used to compost food scraps with worms in a condo building. Discussion of the life cycle,

management, dos and don'ts, husbandry, harvesting and especially preventing odors and flies.

Making More Plants- Propagation 101, Rm 224

Christina Scheltema, [Mamie D. Lee Community Garden](#) and Franciscan Monastery Garden Guild

We'll talk about making more plants from seeds, roots, and shoots. We can divide mint, start stem cuttings, and talk about starting seeds. Participants will have something to take home. This workshop is limited to 20 students.

Rain Gardens and the RiverSmart Homes Program, Rm 226

Lauren Linville, District Department of Environment and Energy

Learn how to build rain gardens and how they can help reduce stormwater runoff.

Soil Ecology Made Easy, Rm 229

Ben Friton, [Forested](#)

Have you ever asked yourself why the forest grows without needing anyone to plant, irrigate, use pesticides, or fertilizers? Learn how natural ecosystems can persist indefinitely without human intervention and how to mimic them so the soil can do the hard work for you.

From Seed to Table: Tomatoes!, Rm 304

Carly Mercer, [Love & Carrots](#)

Tomatoes are everyone's favorite summer vegetable but also often the most challenging to grow. This workshop will take an in-depth look at the tomato from seed to table, with tips and tricks on how to avoid disease, combat pests, and maximize the production of your plants so that this season, you can be the most successful tomato grower on your block!

The DC Central Kitchen Playbook, Rm 306

Alexandra Stern, [DC Central Kitchen](#)

This workshop will provide you with the tools to integrate physical activity into a nutrition education class. In this workshop you will learn fun and easy to implement games which will increase student knowledge and physical activity levels. This workshop is best for teachers and parents hoping to positively impact children's lifestyle behaviors.

Inspiration Grows and Education Nourishes Life, Rm 307

Jen Mendez, [PERMIE KIDS](#)

Education that nourishes life and helps our children create a more just and compassionate world is our greatest resource. Similar to joining a local CSA, Community Supported Education (CSE) is an ethical social and economic model of regenerative education creation, inspiration and distribution for conscious-creating educators, writers, artists, musicians, artisans, designers as well as learners. Playfully explore some "CSE harvests" like the Food Forest Card Game, Tabletop Tutors, Grow Do It children's music and more because... Inspiration grows!

Farming in the City: An Intro to Vertical Farming, Rm 309

Niraj Ray, [Cultivate the City](#)

Vertical Farming uses stackable growing containers and community-based farming to activate underused urban spaces, including rooftops, balconies, abandoned lots or front yards. This session covers high-value crop production using vertical farming, including crop selection, nutrient management, integrated pest management, harvest and marketing. We will also discuss various methods of vertical farming.

Beginning Seed Saving, Rm 311

Willow Thompson, [Southern Exposure Seed Exchange](#)

Come out to learn the basics of seed saving! Multiple methods and species will be covered.

Permaculture and Resilience, Rm 317

Joe Ludes, [REAL School Gardens](#)

This workshop explores ways that urban/suburban residents can adopt permaculture practices to bring stability to food supplies, have a positive environmental impact, and exert political influence. The workshop will cover lowering maintenance and conserving resources, ecological food production, recycling urban waste, community connected food growing, and discovering access points to permaculture through an examination of diet. This last component will involve a brief workshop of participants identifying a commonly eaten food item that can be self-produced. We will then brainstorm how to pull from our discussion to produce this food through permaculture methodologies.

7x7: Game Changers in the DC Food System

Name	Organization	Workshop Title
Josh Singer	DC Department of Parks and Recreation	7 DPR Programs
Stella Tarnay	Biophilic DC	From Neighborhood to City: Growing a Biophilic DC
Brian Filipowich	Anacostia Aquaponics	Aquaponics
Violet King	THEARC Farm	THEARC Farm
Manuel Rojas	Love and Carrots	Diatomaceous Earth (Silicon Dioxide) in Urban Farming
Michael Henderson		Building Community through Urban Gardens
Mark Perry		Growing your own Cannabis/History of Cannabis