



**WELCOME TO  
AN ANNUAL FORUM  
& PERENNIAL MOVEMENT  
BY & FOR DC URBAN GARDENERS  
SATURDAY FEBRUARY 28TH, 2015**



**ROOTING DC**



**@ROOTINGDC**

**#RDC15**

# Welcome to the 8<sup>th</sup> annual Rooting DC

Rooting DC is a free, all-day gardening forum that aims to provide education about urban food production and consumption, to cultivate health and to preserve the environment. Rooting DC is a collaborative effort. Thank you to our many workshop presenters for sharing their expertise with us today!

Rooting DC is hosted by DC Greens. Special thanks to the dedication of our planning committee, including representatives from Arcadia Center for Sustainable Food & Agriculture, Capital Area Food Bank, City Blossoms, Common Good City Farm, Department of Parks and Recreation, Neighborhood Farm Initiative, Three Part Harmony Farm, and *Washington Gardener Magazine*.

## Schedule

9:00am – 10:00am	Registration & Info Fair
10:00am – 11:00am	Session A Workshops
11:15am – 12:15pm	Session B Workshops
12:15pm – 1:45pm	Lunch & Info Fair
1:45pm – 2:45pm	Session C Workshops
3:00pm – 4:00pm	Session D Workshops

*The Information Fair will remain open from 9:00am - 4:30pm.*

## Basics

All workshops take place on the 2<sup>nd</sup> and 3<sup>rd</sup> floors and in the Black Box theater. Bathrooms are located along the 2<sup>nd</sup> and 3<sup>rd</sup> floors. Volunteers can help direct you.

We've got some food truck favorites this year! The Big Cheese, Chatpat, Woodlands Vegan, Lemongrass, and Chaia will be parked outside the front entrance and welcome your business. Coffee will be sold throughout the morning in the cafeteria. Space to sit and eat is available in the cafeteria, which is adjacent to the 1<sup>st</sup> floor atrium.

Got kids? FoodCorps will be leading hands-on kid activities in room 320 from 10:00am-4:00pm.

We welcome donations to help us continue this annual event. Donations can be made at the registration table throughout the day. Checks can be made out to DC Greens.

Join the conversation! Tweet @RootingDC and #RDC15.

Feedback is essential to us. Your comments help us design the coming year's program. Please fill out an evaluation online at: [rootingdc.org/evaluation](http://rootingdc.org/evaluation).

## Session A (10:00am – 11:00 am)

	<b>Room</b>
A Practical Guide to Eating Local all Year Long	309
At-Home Composting	215
Dealing with Deer and Other Mammal Pests in Your Garden	210
DIY Winter Harvest	Outside
The Energy in Seeds: An Interactive Middle School Lesson Plan	325
From Compost Tea to Native Herbs: 8 Talks in 60 Minutes	Black Box
The Garden is a Stage: Using Theatrics in Outdoor Education	304
Getting the Most Bang for your Buck: Gardening on a Budget	307
Go Forth and Propagate (Plants)	224
Healthy Cooking on a Budget	323
How to Make Acorn Flour	318
Inspiring Your Little Johnny Appleseed: Produce No Waste	229
Kids Activities with FoodCorps (for children & their adults)	320
Kitchen Medicine	319
Managing Menstruation Sustainably for Radiant Reproductive Health	306
Methods of Food Preservation	212
Optimizing Space and Time in the Urban Garden	311
reCYCLE: Repurposing Old Bike Wheels in the Garden	204
Rethinking the Center of Your Plate	226
Seed Saving	205

## Session B (11:15am – 12:15pm)

At-Home Composting	215
Bioregional Herbalism: 5 Herbs from Seed to Medicine Cabinet	212
The Color of Food: Photography & Storytelling from Farmers of Color	311
Creating a Forest Garden	318
Drip...Drip...Drip Irrigation for Small Gardens	224
Eating Well on a Budget in DC	323
The Energy in Seeds: An Interactive Middle School Lesson Plan	325
Getting the Most Bang for Your Buck: Gardening on a Budget	307
Growing Rice inside the Beltway	319
Improving Urban Soils with Biosolids	210
Insect Pest Identification and Organic Controls	204

Inspiring Your Little Johnny Appleseed: Produce No Waste	229
Kids Activities with FoodCorps (for children & their adults)	320
Medicine From the Garden	226
Nourishing Communities: Education is Key	317
Organic Urban Fruit Tree Management	219
Putting the "Act" into Action: What DC Urban Farming Legislation Means for You	Black Box
Respectful, Chemical Free Beekeeping	306
School Garden 101	304
Seed Saving	205
Sex in The Garden	219
We Need Your Input: Making the Case for Urban Ag in America	309

## Session C (1:45pm – 2:45pm)

Abundant Advocates: Student Led Service Projects in the Garden	212
Area Beekeeping Challenges in the New Millennium	318
Bringing the Neighbor Back to the Hood through Agriculture	309
Building a Great Raised Bed	210
Building Skills for the Urban Gardener	311
Compost Happens	215
Deeply Rooted: Using History & Anthropology to Create a Sustainable Food Justice Program	304
DPR Compost Cooperative Workshop	219
Eating Well on a Budget in DC	323
Edible Landscaping with a Permaculture Twist	306
Getting the Most Bang for your Buck: Gardening on a Budget	307
Growing Food in Small Spaces	204
Growing Your Own Medicine	319
Kids Activities with FoodCorps (for children & their adults)	320
Naturally Beautiful: DIY Plant-Based Personal Care	226
Pickles for all!	224
The Political Seedscape: What's Going On and What We Can Do About It	Black Box
Seed Saving	205
Seed-Starting Basics	229
Unconventional Edibles: Harvest & Prepare Everything from Carrot Greens-Nasturtium Leaves	325

## Session D (3:00pm – 4:00pm)

Beekeeping in the District: Native Plants and Local Regs	318
Bioregional Herbalism: 5 Herbs from Seed to Medicine Cabinet	212
Bringing the Neighbor Back to the Hood through Agriculture	309
Building a Great Raised Bed	210
Building Skills for the Urban Gardener	311
Compost Happens	215
Deeply Rooted: Using History & Anthropology to Create a Sustainable Food Justice Program	304
Edible Landscaping with a Permaculture Twist	306
Fast and Dirty Tips for the Vegetable Gardener	219
Fresh Ideas for Young Gardeners	319
Getting the Most Bang for your Buck: Gardening on a Budget	307
Growing Food in Small Spaces	204
Kids Activities with FoodCorps (for children & their adults)	320
Naturally Beautiful: DIY Plant-Based Personal Care	226
Permaculture Guild Build	224
Seed Saving	205
The Self-Watering Container	323
Solar Cooking for a Healthier Food System	229
The Dirt on Dirt: Soil Basics	317
The Political Seedscape: What's Going On and What We Can Do About It	Black Box
Unconventional Edibles: Harvest & Prepare Everything from Carrot Greens-Nasturtium Leaves	325

## Information Fair (9:00am – 4:30pm)

### Tabling Organizations

Accokeek Foundation  
Arcadia Center for Sustainable Food and Agriculture  
Arlington Food Assistance Center  
Azure B LLC  
BrainFood  
Capital Area Food Bank  
Centro Ashe  
Chesapeake CRAFT (Collaborative Regional Alliance for Farmer Training)  
City Blossoms  
Common Good City Farm  
Community Food Alliance  
Community Forklift  
DC Central Kitchen

DC Eco Women  
DC Fair Food  
DC Festival Foods  
DC Greens  
DC Hunger Solutions  
DC Water  
Department of Parks and Recreation  
District Department of the Environment  
Dreaming Out Loud  
Eastern Senior High School Garden Club (Mighty Greens)  
EatWell Natural Farm  
Eco City Farms  
Eco Hermanas  
Eco Honeybees  
Edgy Roots  
Flower Child Doula  
Food Corps  
Food Day/Center for Science in the Public Interest  
FRESHFARM Markets  
Future Harvest CASA  
Good Food Markets  
Healthy Living Inc  
Iona Senior Services  
Judea's American Urban Farming Project  
Kid Power  
Little Wild Things Farm  
Love and Carrots  
Marcella Kreibel Art + Illustration  
Nature's Friends  
Neighborhood Farm Initiative  
Old City Farm and Guild  
Office of the State Superintendent of Education  
PERMIE Kids  
Purple Mountain Organics  
Restaurant Opportunities Center-DC  
Southern Exposure  
Sweetgreen  
Tenleytown Meat Company  
The Green Scheme  
The Harvest Collective  
UDC College of Agriculture, Urban Sustainability and Environmental  
Sciences (CAUSES)  
Up Top Acres  
Veteran Compost  
Wangari Gardens  
*Washington Gardener Magazine*  
Washington Youth Garden

# Workshop Descriptions

## **Abundant Advocates: Student Led Service Projects in the Garden (C)**

*Katie Harvey, Veggie Time Director, Kid Power Inc.*

How do you get more people involved in your community/school gardens? and facilitate student investment in the space? Youth led service projects. We will outline the steps to building a successful project and then get you started brainstorming projects for your own community and school gardens.

## **A Practical Guide to Eating Local All Year Long (A)**

*Caroline Michniak, Market Manager, FRESHFARM Markets*

FRESHFARM Markets and Love and Carrots have teamed up to provide you with garden hacks, market hacks, and kitchen hacks to eat local all year long. We will focus on how individuals can make plans to cut down on the grocery bill and reallocate their dollars to a local food system with simple tips & tricks.

## **Area Beekeeping Challenges in the New Millennium (C)**

*Larry Marling, Founder, Eco Honeybees*

While everyone knows that honeybees are facing a crisis, many aren't aware of the depth of the causes, how beekeepers have been affected, or how solutions have become their own problems. Drawing from Eco Honeybees years of experience managing hundreds of hives all over the DC area, we'll present what we've seen facing local beekeeping as well as solutions we're having success with. We'll explore the problems bees face, how and why the problems exist, why old school beekeeping is now so difficult, steps local beekeepers can take to have more success, and why we all need to learn to live in harmony with our bees.

## **At-Home Composting (A&B)**

*Melissa Miller, Farm Manager, Common Good City Farm*

This workshop will go over many options that home owners can use for at-home composting as well as options for getting rid of food waste if the homeowner does not have enough space for an at-home compost system. It will also go over the benefits of composting for the home gardener.

## **Beekeeping in the District: Native Plants and Local Regs (D)**

*Damien Ossi and Natasha Garcia-Andersen, Fish & Wildlife Biologists, DDOE Fisheries & Wildlife Division*

This workshop will introduce the District's Sustainable Urban Agriculture Apiculture Act with an overview of the rules, requirements and limits for all hobby beekeepers, and best practices for urban beekeeping. Additional

information will examine the benefits of planting native plants in and around vegetable gardens to attract pollinators and provide habitat for bees, butterflies and other pollinators. The workshop will review the selection of native plants that can support essential garden pollinators.

**Bioregional Herbalism: 5 Herbs from Seed to Medicine Cabinet (B&D)**

*Holly Poole-Kavana, Herablist, Little Red Bird Botanicals*

Herbal medicine is at its best when we have close relationships with the plants we are using. Growing our own herbs also minimizes our impact on the environment. Learn about growing and using 5 medicinal herbs that you can easily work with in this climate. We'll touch on seed starting considerations, growing conditions, harvesting, processing, and using each herb as an introduction to bioregional herbalism.

**Bringing the Neighbor back to the Hood through Agriculture (C&D)**

*Xavier Brown, Director of Urban Agriculture, The Green Scheme*

*Myeasha Taylor, Perlman Place Farm Manager, Real Food Farm*

The workshop will be about using urban agriculture as tool to heal and build community. Rebuilding soil, families and communities are all important and they can all be done together. We will have an interactive discussion about ways that urban agriculture can be used beyond just growing vegetables. It can be used to growing healthy communities and to help alleviate social justice issue and historical traumas.

**Building a Great Raised Bed (C&D)**

*Rebecca Lemos, Co-Executive Director, 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 ready to build!

**Building Skills for the Urban Gardener (C&D)**

*Eriks Brolis, Co-Founder, BroBroGrow*

Learn simple, practical tips for choosing appropriate tools, materials, and designs for your urban garden project. We will touch upon how to build garden structures such as raised beds, trellises, composting systems, cisterns, low tunnels, and more! This interactive class will practice fundamental, hands-on techniques. The instructor will address questions on projects that attendees intend to build themselves.



### **Compost Happens (C&D)**

*Justen Garrity, President, Veteran Compost*

Composting is an amazing process for turning organic waste into an awesome soil amendment. We'll cover the basics of composting, from how to make compost to how to use it. Composting can be a challenge in urban settings, so we'll talk about how to be successful and help solve any problems that people may have.

### **Creating a Forest Garden (B)**

*Lincoln Smith, Founder, Forested*

Learn about how to create a forest garden agricultural system modeled on the forest. In an era when people have strained the world's ecosystems to meet their needs, a forest garden provides a critical combination of benefits for people and the environment-cleaning water, building soil, and providing a bounty of food and supplies. Come hear about what Lincoln has learned in several years of backyard forest gardening and 3 years developing a 10-acre forest garden.

### **Dealing with Deer and Other Mammal Pests in Your Garden (A)**

*Kathy Jentz, Editor, Washington Gardener Magazine*

Bambi may be cute, but he and his mother, cousins, and rest of the herd are very hungry and they would love to make a feast of your garden. This talk will cover proven and humane tactics for gardening with deer, rabbits, rats, groundhogs, and other creatures that are attracted to both edible and ornamental gardens.

### **Deeply Rooted: Using History & Anthropology to Create a Sustainable Food Justice Program (C&D)**

*Ashante Reese, Doctoral Candidate-American University*

This hands-on workshop is especially designed for people who actively work with food justice movements or aspire to do so. In this workshop, I will briefly cover what I learned from using a historical and anthropological approach in my dissertation, outlining some key skills that may be useful for others. In the second half of the workshop, participants will work collaboratively to brainstorm and then craft mini-goals for how to craft relationships with the communities they desire to serve, cultivate local leadership, and begin to think about and interrogate the role of race in their own food justice movements.

### **DIY Winter Harvest (A)**

*Christian Melendez, Farmer, ECO City Farms*

Learn about extending your growing season with some basic principles and infrastructure (Cold Frames, Hot Beds, Low Tunnels and High Tunnels). Because of these techniques, ECO City Farms provides fresh

greens and other vegetables to local families and the Riverdale Farmers' Market ALL WINTER LONG. Come help us build a demonstration 6' x 16' mini greenhouse (Low Tunnel) on the cheap!

### **DPR Compost Cooperative Workshop (C)**

*Josh Singer, Community Garden Specialist, DC Parks and Recreation*

DPR is currently working on establishing 27 community based compost cooperatives at each DPR community garden around the city to divert organic waste by producing high quality compost from food scraps and garden waste. In order to join a compost cooperative near you, you must take this hour long training course to learn about urban compost best practices and cooperative governance structures. After taking this course you will be ready to join any DPR compost cooperative!

### **Drip...Drip...Drip Irrigation for Small Gardens (B)**

*Kate Lee, Garden Director, 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, trouble shooting, and sources for materials.

### **Eating Well on a Budget in DC (B&C)**

*JuJu Harris, Culinary Educator & SNAP Outreach Coordinator, Arcadia Center for Sustainable Food and Agriculture*

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.

### **Edible Landscaping with a Permaculture Twist (C&D)**

*Nicole Luttrell, Permaculture Designer, Ecologia*

Imagine your yard transformed into an edible oasis, fragrant herbs popping between spiraling stones, nutritious vegetables thriving in fertile contoured beds, unique fruits dripping from trees and shrubs just outside your door. It's easier than you think! Learn the step-by-step process to three edible landscaping projects: herb spirals, capturing rain water with swales and rain gardens, and food forest design. Each of the designs



covered are easy to adapt to an urban or rural setting with small or large acreage. Edible Landscaping with a Permaculture Twist is a presentation that will leave both beginners and experienced gardeners jumping to get started with one of these projects at home or in their community.

### **Fresh Ideas for Young Gardeners (D)**

*Willia Pohlman, Educator and Group Visit Coordinator, City Blossoms*

Look at new ways to explore the garden with pre-k students through hands on learning activities this spring. Review lesson plans that encourage students to use their senses, investigate the natural world, and encourage curiosity about the natural world. Participants will have a chance to try hands on activities and experience the lessons for themselves.

### **From Compost Tea to Native Herbs: 8 Quick Talks in 60 Minutes (A)**

#### **1. Compost Tea Time** – *Justen Garrity, President, Veteran Compost*

The history of compost tea from the Middle Ages to today –the benefits, the biology, and the different brewing and application methods.

#### **2. DPR 2015 Urban Gardening Programs** – *Josh Singer,*

*Community Garden Specialist, DC Parks & Recreation*

This presentation will be about how to access all the DPR urban garden programs for 2015 such as new community gardens, free urban garden education programs, toolshare, compost network, greenhouse cooperatives, and a resource sharing network.

#### **3. Keeping Herbs Local** - *Holly Poole-Kavana, Herbalist, Little Red Bird Botanicals*

We often talk about local foods but don't often think twice about where our medicinal herbs come from. Let's talk about ways to localize our medicine.

#### **4. Eco Honeybees New Concept of Residential Beekeeping**

– *Larry Marling, Founder, Eco Honeybees*

This short presentation will show the audience how Eco Honeybees concept of managed residential beekeeping can bring and maintain happy, successful honeybee hives to the area's non-beekeeping home and business owners.

#### **5. Gardens for all Shapes and Sizes** – *Meredith Sheperd,*

*Founder/Owner, Love & Carrots*

Growing a 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!

#### **6. Sprouts!** - *Maureen Moutoux, Farmer, Moutoux Orchard*

This workshop will show participants how to successfully grow

several kinds of sprouts for fresh consumption.

**7. What is Community Composting?** – *Linda Bilsens, Project Manager, Composting for Community Program, Institute for Local Self-Reliance*

Community composting empowers individuals to reduce their carbon footprint and improve their soil, while meeting their neighbors in the process.

**8. Get Cultured!** - *Maureen Moutoux, Farmer, Moutoux Orchard*  
This workshop will demonstrate how to make yogurt.

**Getting the Most Bang for Your Buck: Gardening on a Budget** (A, B, C, D)

*MJ Crom, Food Growing Coordinator, Capital Area Food Bank*

Gardening on a budget? No problem! Learn how to make the most of the time and resources you use to grow food. This workshop will cover how to find free or low-cost gardening resources, how to choose the best produce to grow, and how to maximize the impact of your garden. The time you spend in this short workshop will help you get the most bang for your buck through gardening!

**Go Forth and Propagate (Plants)** (A)

*Kate Lee, Garden Director, DC Greens*

Propagating plants from seeds, cuttings, or divisions is one of the most gratifying of the horticultural arts. Kate Lee will discuss the principles of seed sowing—timing, stratification, and soil mediums—and review the fundamentals of asexual propagation. Techniques learned will help you save money filling the empty spots in your yard, as well as being able to give your favorite plants away as gifts to friends and family.

**Growing Food in Small Spaces** (C&D)

*Joe Ludes, Garden Instructor, Neighborhood Farm Initiative*

This workshop will teach important principles and practices for getting the most out of a garden with limited space. During the session we'll design a sample plot to demonstrate how these tools can be applied. Participants will leave the workshop with ideas that they can immediately use to improve their small-space gardens.



### **Growing Rice Inside the Beltway (B)**

*Nazirahk Amen, Owner, Purple Mountain Organics*

There is a slow growing movement in the East to start increasing small scale grain production. Traditional rice growing practices have a huge foot print environmentally. Come learn about our experimentation with growing upland rice varieties with biodegradable mulch and drip fertigation. Growing grains is one way you can promote local sustainability and good health for yourself and our community.

### **Growing Your Own Medicine (C)**

*Nazirahk Amen, Owner, Purple Mountain Organics*

While the government may be telling everyone to sign up for health insurance, you can provide your own healthcare by simply growing your own food. In this talk, we will explore how to grow nutrient dense food sustainably and how different foods can support good health through all stages of life.

### **Healthy Cooking on a Budget (A)**

*Aimee McLaughlin, Program Coordinator, & Community MVPs, Brainfood*

Learn tips, tricks and easy substitutions for seasonal, healthy eating on a pinched budget. Community MVPs, high school students who are graduates of Brainfood's youth development cooking program, will not only share their cooking skills, recipes, and food stories with you, but will also give you a chance to get your hands dirty and practice new skills as we cook a small meal together in this workshop. Come join the (tasty) fun!

### **How to Make Acorn Flour (A)**

*Lincoln Smith, Founder, Forested*

Acorns are the most overlooked food in America! Come see how to process acorns into flour that can be used in cookies, bread, chips, crackers, hot cereal and much more! Acorns are a plentiful forest crop that have historically been an important staple for people from North America to Europe to Asia.

### **Improving Urban Soils with Biosolids (B)**

*Bill Brower, Manager of Biosolids Operations, DC Water*

Urban soils are typically very poor—lacking in nutrients, organic matter, microbial activity and good soil structure. Biosolids are the nutrient-rich materials recovered during the treatment of wastewater that are carefully processed to make a soil amendment that helps address these shortcomings and build great soils for growing plants. Biosolids have been used for decades throughout the District and surrounding areas in tree plantings, soil remediation, green infrastructure, urban gardens and residential yards. Come learn more about DC Water's biosolids program and how you can be involved in the movement for better soils.

### **Insect Pest Identification and Organic Controls (B)**

*Nadia Mercer, Garden Manager, Washington Youth Garden*

Do you know what is eating your kale, cabbage, collards, eggplants, tomatoes, and squash? This workshop will cover 10 common insect pests in this area, detailing their life cycles, showing pictures of plant damage, and sharing organic pest management solutions to keep these bugs at bay.

### **Inspiring Your Little Johnny Appleseed: Produce No Waste (A&B)**

*Jen Mendez, Founder, PERMIE KIDS*

Natural, raw intellectual energy is one of the most powerful (and undervalued) energy resources that we all have. It is this inquisitive, resilient characteristic that will empower individuals to design lives, land, and communities that use and value local food systems. Our children have this in spades - pun intended! Let's explore how you can catch, store and empower that natural curiosity through experiential educational activities with your children that challenge them to be solutions-based thinkers, produce no waste, and enrich their mind, body, and the earth. Children of all ages and those with big shoes who love them are welcome to join us for this hands-on, minds-on workshop.

### **Kids Activities with FoodCorps (A, B, C, D)**

Come join the FoodCorps service members for some hands on, kid-friendly activities! Stop by and make pipe-cleaner pollinators to fly around the conference all the while learning why pollinators are so important to growing our food. Educators also welcome to stop by and check out some example lessons and activities used by FoodCorps members in their DC partner schools.

### **Kitchen Medicine (A)**

*Ayo Ngozi, Lead Instructor, Centro Ashé*

Explore the household art and science of using accessible, familiar herbs and spices and foods to cultivate wellness and help with common health concerns. We'll discuss the healing power of everyday kitchen staples, and get hands-on by demonstrating ways to prepare a basic salve, an herbal syrup, and more!



### **Managing Menstruation Sustainably for Radiant Reproductive Health (A)**

*Heidi Briguglio, Queen B, Azure B LLC*

Do you find yourself asking what sustainable options are out there for the Eco-conscious woman? Many of the disposable products that are available and many of us are still using are unsustainable in their production, negative health effects; and water treatment and land fill impacts. After exploring reusable products, we will talk about the ways we can heal, restore and nourish our reproductive health using a simple herbal steam. This is a great opportunity for young women to prepare for the onset of their first menstrual period. A pattern and instructions for washable cotton pads made from repurposed flannel receiving blankets will be provided.

### **Medicine From the Garden (B)**

*Joey Pascarella, Herbalist and Farmer, Slippery Slope Farm*

In this class, we will explore 5 of my favorite medicinal herbs. There will be an emphasis on learning about growth habit, proper care, harvesting, and uses. We will also make an herbal remedy with each of these herbs.

### **Methods of Food Preservation (A)**

*Wendy Kiang-Spray, Freelance Writer and Garden Speaker*

Participants will learn different methods of food preservation including pickling, drying, freezing, and canning. This workshop will explain which method is best to use for your needs and for each harvest and will walk through the basics of each method. Join us to learn how to preserve your harvests and enjoy delicious fruits and vegetables all year long.

### **Naturally Beautiful: DIY Plant-Based Personal Care (C&D)**

*Sade Bowen, Co-Founder, Livity Drink Co*

We turn to our beauty and personal care products to help us look and feel our best. Unfortunately, many of these chemically-laden products are likely doing us more harm than good. In this workshop, we'll show you how to ditch the drugstore and use the bounty from your garden to create safe and effective natural products! Spend the hour learning the essentials of formulating natural beauty products and exploring the healing properties of essential oils, herbs and other botanicals. Learn to craft a lavender sugar scrub, bees wax body butter, herbal tooth paste, peppermint & plantain mouthwash and rosewater facial mist! Leave this workshop empowered to craft your own natural beauty regimen.

### **Nourishing Communities: Education is Key (B)**

*Mark Weinberger, Program Director, Healthy Living Inc.*

Collaboration is key for a healthy DC and healthy society. This workshop will present a model for educational programs focusing on nutrition and healthy culinary best practices that work actively to produce tangible developmental shifts for youth and adults. Through collaborative partnerships, public health outcomes can be attained that can transform

disparities into opportunities. With a focus on natural food, cooking methodologies that pertain to cultural and spiritual connections, and basic nutritional competency, this model is a means to educate and empower people from all backgrounds.

### **Optimizing Space and Time in the Urban Garden (A)**

*Neil Hoffman, Board Member, Neighborhood Farm Initiative*

Strategies will be presented to increase garden productivity through intensive gardening measures such as planting density, vertical gardening, triple cropping, and season extension.

### **Organic Urban Fruit Tree Management (B)**

*Josh Singer, Community Garden Specialist, DC Parks and Recreation*

In this class you will learn how to identify the types of fruit trees that grow in this area, how to design and plant small urban orchards, how to organically manage fruit tree pests and diseases, how to prune and thin fruit trees, and how to harvest fruit.

### **Permaculture Guild Build (D)**

*Jonathan Storvick, Natural Resource Manager, Office of Sustainability at George Mason University*

Calling all permies! Join us for an interactive workshop as we explore guilds – one of the core concepts of permaculture. A guild in permaculture is a grouping of plants, animals, insects, etc. that work together through continuous communication, and interaction. We will discuss what guilds are, how they can be easily incorporated into any landscape, and examples of guilds that work well in this temperate climate. We will wrap up the workshop with a fun group activity where we will put what we learned into motion!

### **Pickles for All! (C)**

*Ibti Vincent, Board Member, Slow Food DC*

Learn to make easy and delicious refrigerator pickles out of almost anything! We'll practice making a pickling mix and then use seasonal produce to prepare some pickled winter veggies, but the mix is just as good for preserving your garden's spring, summer, and fall goodies.

NOTE: This is a hands-on class for the first 30 participants; additional folks are welcome to taste, observe, and learn.



## **Putting the "Act" into Action:**

### **What the DC Farming Legislation Means for You (B)**

*Lillie Rosen, Food Access Director, DC Greens*

*Patrick Grove, Student Attorney, Washington College of Law*

*Alexandra Shea, Student Attorney, Washington College of Law*

*Sara Sohn, Program Coordinator, Future Harvest CASA*

*Robin Gilbrecht, University of the District of Columbia*

*Brenda V. Smith, Director of Project on Addressing Prison Rape, Washington College of Law*

This interactive panel discussion will provide Rooting DC participants with the information they need to start a for profit farm or non-profit educational agricultural space in the District.

### **Quick and Dirty Tips for the Vegetable Gardener (D)**

*Josh Singer, Community Garden Specialist, DC Parks and Recreation*

Ever wonder how to prune a tomato plant? Hand pollinate a squash? Harvest greens multiple times in one season? Sprout sweet potatoes in your house? Know when garlic is ready to harvest? This workshop is a shortened version of a DPR workshop that focuses on tips for planting, maintenance, and harvesting for vegetable gardens.

### **reCYCLE: Repurposing Old Bike Wheels in the Garden (A)**

*Sarah Baker, Garden Educator, City Blossoms*

Turn an ordinary object into a beautiful garden masterpiece! Join Sarah and learn how to repurpose old bike wheels into funky instruments, quirky installations, functional trellises and more. This workshop will draw on the artistic experiences of City Blossoms, a DC-based organization that creates kid-friendly, creative green spaces that inspire communities to learn more about the wonders of growing their own food.

### **Respectful, Chemical Free Beekeeping (B)**

*Stefano Briguglio, Founder, Azure B LLC*

Autumn is the time to decide that you want to become a beekeeper in the spring that follows. This is an opportunity to get a grasp of the very basics - the lingo, the equipment, honeybee life cycle, feed, planting for bees and how to get started - regardless of the size of your yard. Learn why patience and courtesy are safer than moon suits and how bees are healthier without pesticides or pharmaceuticals.

### **Rethinking the Center of Your Plate (A)**

*Lea Howe, Farm to School Director, DC Greens*

*Nick Wiseman, Owner, DGS Delicatessen*

For generations, we've built our meals around meat. Protein was the metric of a good meal. But we can't sustain a growing population and a

3-meal a day hunger for meat. It's time to rethink how we conceptualize our meals. From Michael Pollan to MyPlate, the experts are charting the way ahead: fruits and vegetables are the new superstars. But vegetarian cooking can be daunting. So, where to begin? How do you compose a vegetable based entree without hours of prep and a million ingredients? During this workshop, Nick and Lea will make vegetarian eating accessible while preparing a hearty and seasonal dish with you.

### **School Garden 101 (B)**

*Sam Ullery, School Garden Specialist, OSSE*

The School Garden 101 training is for anyone interested in starting, maintaining, and using a DC school garden to support standards-based learning. This training will provide: 1) An overview of the DC School Garden and Farm to School programs; 2) Steps to creating and maintaining a successful school garden; 3) Resources available to support school garden programs; and 4) An overview of the Garden Safety Guidelines.

### **Seed Saving (A, B, C, D)**

*Sean Thomas, Co-Manager/Worker, Southern Exposure Seed Exchange*

This workshop will briefly go over the reasons for saving your own seeds and then focus, in depth, on techniques you can use to save seeds from vegetable varieties in your own home. We'll cover beans, corn, onions, garlic, nightshades, cucurbits, sweet potatoes and others. Both beginning and experienced seed-savers are welcome.

### **Seed-Starting Basics (C)**

*Natalie Carver, Love and Carrots & Christian Melendez, ECO City Farms*

We'll review types of containers (from the upcycled, to the standard cell-packs, to soil blocks), potting mixes, environments, germination, maintenance, and beyond to build confidence in starting your own seedlings.

### **Sex in the Garden (B)**

*Lola Bloom, Co-Executive Director, City Blossoms*

The birds and the bees have a lot to teach us, and with just a little more knowledge we can begin to unlock some of their secrets. This workshop will cover the various looks, positions, and sensual choices that nature creates when it's time to reproduce. And once nature's bounty is harvested, how do humans use fruits, vegetables, herbs and flowers to encourage our own reproduction?



### **Solar Cooking for a Healthier Food System (D)**

*Lyssa Houser, Community Development Associate, Solar Household Energy* This workshop will include an introduction to the basic concepts behind solar-cooking (how it works), how it is used around the world, the pros and cons of different solar cookers, and how it is applicable to residents of DC. Because my experience and background with solar cooking is primarily linked to my urban gardening work, I will focus on my experiences with solar cooking as a tool for garden and food education, and how it fits in with the movement towards a healthier food system.

### **The Color of Food: Photography & Storytelling from Farmers of Color (B)**

*Natasha Bowens, Author/Director, The Color of Food*

In this visual and audio presentation we hear from farmers and food activists of color revolutionizing the food system and preserving cultural foodways around the country. Their stories as well as their portraits aim to honor, preserve and amplify the role of communities of color in the food movement while challenging the status quo of agrarian identity. The presentation highlights important issues tied to food and farming such as culture, community, health, land ownership, race and gender obstacles and more.

### **The Dirt on Dirt: Soil Basics (D)**

*Maureen Moutoux, Farmer, Moutoux Orchard*

In this presentation, we will go over the basics of soil science and the important role of both micro and macro nutrients. We will also go over interpretation of soil tests and recommendations for improving soil health. Participants will also receive soil test materials.

### **The Energy in Seeds: An Interactive Middle School Lesson Plan (A&B)**

*Charla Wanta, Programs Manager, Washington Youth Garden*

Have you ever wondered why some seeds are in the grains section of MyPlate, but others are in the protein section... and still others fill your spice containers or go straight into the soil in your garden? Are you looking for something new to teach your middle school students that incorporates math, literacy, physics, nutrition and the scientific method? Join us as we learn together about the incredible nature of seeds and build your own educational (and edible) trail mix in the process.

### **The Garden is a Stage: Using Theatrics in Outdoor Education (A)**

*Morgan Maloney, Farm Education Director, Arcadia Center for Sustainable Food & Agriculture*

An outdoor educational space is the most fruitful and sensory-driven stage, with the most inquisitive actors you will ever encounter. Through this workshop we will explore ways to use theatrics in garden and farm

education, with a focus on elementary youth. We will discover ways to educate and engage kids using every part of your body, face, and voice. Kids can be engaged in theatrical elements, using their bodies and voices too, so we will give those techniques a try as well. We will be moving around, using our big (and small) voices, and working out the muscles in our faces we didn't even know we had—so come ready to move!

### **The Political Seedscape:**

#### **What's Going On and What We Can Do About It (C&D)**

*Sophia Maravell, Education Director, Brickyard Educational Farm*

*G. Paul Blundell, Co-manager, Southern Exposure Seed Exchange*

Have you ever wanted to start a seed library, conduct an urban seed test plot, or feel confident lobbying your elected officials? This is a workshop for both newbies and for people already active in the seed movement. In the first half we will provide a brief overview of seed saving in practical, political and historical contexts. In the second half we will identify existing DC area seed initiatives and more ways to become active in the local and national seed movement. Time will be allocated at the end for breakout groups to connect with each other and brainstorm ideas for next steps.

#### **The Self-Watering Container (D)**

*Kristen Menichelli, Avid urban gardener and Master Gardener in PG County*

Ever wonder how those so-called "self-watering" containers work? While the name is perhaps misleading, they are a great option for many home urban gardens. Come learn how to build your own on a budget, what to grow in them (and what not to) and tips for success. This class will include an in-class live demo on how to build your own!

#### **Unconventional Edibles: Harvest & Prepare Everything from Carrot Greens to Nasturtium Leaves (C&D)**

*Caroline Selle, Garden Manager, Neighborhood Farm Initiative*

Ever wondered how to eat a flower? Frustrated by the number of odds and ends you compost? The leaves, shoots, and blooms of many garden plants are not only edible, they're delicious! Come learn how to salvage the scraps from your garden and increase the bounty of your plot. Recipes provided.

#### **We Need Your Input: Making the Case for Urban Ag in America (B)**

*Jeremy Brosowsky, Founder and CEO, Agricity*

We believe that growing food in our cities is a fundamental piece of the puzzle for realizing a vision of a more just and sustainable future for all. We also believe that there is strength in numbers. But unfortunately, when it comes to urban agriculture in America, these numbers can be hard to come by. And that's where you come in...



## D.C. Hunger Solutions

Ending hunger in the nation's capital

**D.C. Hunger Solutions**  
is proud to support  
**Rooting DC** and the  
creation of a  
**hunger-free District.**

The green, beating heart of Shaw  
-where people and plants  
come together.



**OLD CITY**  
*Farm & GUILD*

925 Rhode Island Ave. NW -  
Reopening March 21st



## COMMUNITY FORKLIFT

DC'S NONPROFIT REUSE CENTER



MODERN & VINTAGE  
LUMBER, LIGHTING,  
HARDWARE, PLUMBING,  
APPLIANCES, TOOLS,  
OLD HOUSE PARTS

**DONATE  
OR SHOP**

301-985-5180  
JUST 5 MIN. FROM DC  
IN THE HYATTSVILLE AREA  
[COMMUNITYFORKLIFT.ORG](http://COMMUNITYFORKLIFT.ORG)

## HOME VEGETABLE GARDENING MADE EASY



Garden Consulting, Edible  
Landscape Design, Garden Care  
& Coaching!



**Call:** 802-363-9643

**Email:** [garden@loveandcarrots.com](mailto:garden@loveandcarrots.com)

**Visit:** [www.loveandcarrots.com](http://www.loveandcarrots.com)



**Eco Honeybees has reinvented Washington, DC beekeeping by making beehives accessible to non-beekeepers!**



**If you don't have the time to take beekeeping classes or join clubs but still want to do the right thing and help your local environment then you're no different from most people. But these same people also know bees are desperately needed everywhere and these days they require a lot of expertise to manage properly!**



**Now it is easy to jumpstart your local environment! Consider purchasing an Eco Honeybees hive for your home or place of business! 30% of our managed hives are in DC!**

**Eco Honeybees has been selling, delivering, setting up, and managing beehives all around the DC area since 2011! We assemble and prep our own equipment and our hives are stocked with our own locally bred bees!**



**Let Eco Honeybees use their years of expertise to manage your hive (even if you didn't get it from us!), keep your bees happy, and extract your honey!**



**Our clients get to sit back, relax, and enjoy watching their bees knowing that Eco Honeybees is managing their hive for them.**



**If you're able to do only ONE thing to improve your local environment, then call Eco Honeybees. Nothing benefits the world more than having a beehive at your home!**



**Bees are needed NOW! Eco Honeybees makes doing the right thing an easy decision to make.**



**Please visit our website at [www.ecohoneybees.com](http://www.ecohoneybees.com). You can contact us via the site or call us at 703-801-2281. Hive availability is limited so don't delay!**



Kid Power's award-winning VeggieTime program connects a STEM-based environmental science and health curriculum to hands-on gardening, cooking, service, and business operations.

### Get Involved!

Come by our table at the Info Fair to learn more and get involved!

**VOLUNTEER:** [volunteer@kidpowerdc.org](mailto:volunteer@kidpowerdc.org)

**CHECK US OUT:** [www.kidpowerdc.org](http://www.kidpowerdc.org)

**CONTACT:** VeggieTime Director,  
Katie Harvey, [katie@kidpowerdc.org](mailto:katie@kidpowerdc.org)



Thank you to the following for their donations to today's forum.



Farmer owned since 1923.

[SOUTHERNSTATES.COM](http://SOUTHERNSTATES.COM)

# CAVA

Mezze Grill

# PERMIE KIDS


C ommunity E xperiential E ducation by D esign



CEED of Change

Holistic, organically designed programs for children...  
and those with big shoes who love them!

[www.permiekids.com](http://www.permiekids.com)



Many thanks to our generous sponsors:

The Hillside Foundation



THE JBG COMPANIES®



KAISER PERMANENTE®

