

Each class will take place at the Green Urban Lunch Box Community Farm (3188 S 1100 W) from 8am to noon.

Each class will start with a lecture-style portion, followed by a hands-on instruction. Students will be given resource materials to take home.



THE GREEN URBAN
LUNCH BOX

Saturday April 12, 2025 - seed starting indoors, seed blocks, seed selection, planning your garden

- Students will learn the basics of how to start and plan a garden in the spring.
- We will go over what plants to start indoors and when. We will talk about homemade low tunnels, greenhouses, and lights for indoor starting.
- Students will get an in-depth description of how to plan their gardens, with information about days to maturity, companion planting, varieties, direct sowing, and more.
- Students will learn how to make their own seed blocks and be able to take home our homemade soil.

Saturday May 10, 2025 - Bed preparation, irrigation, transplanting/direct sowing, companion plants, spacing

- We will talk about the 4 pillars of regenerative agriculture and how they affect how we prepare our beds for planting.
- Information about drip irrigation vs. overhead irrigation as well as how to build a drip irrigation system for your garden
- Information about direct sowing, spacing, companion plants will be gone over again from the first class, as this is an intricate and important topic of how we plant and maintain our gardens.
- Following this lecture, we will then proceed to prep garden beds from start to finish, set up the drip lines, check for holes, and plant a few beds.

Saturday June 14, 2025 - Trellising, weeding, organic pest control, integrated pest management (IPM)

- This class will mainly focus on how to maintain our gardens once they are planted. Students will get handouts about common pests and diseases for each variety of plant, weed identification, and IPM philosophies.
- We will look for common pests in the teaching garden as well as other places around the farm to ensure students get a well-rounded understanding of how pests and disease affect different plants in our gardens.
- Students will learn different weeding techniques.

- Students will learn different trellising structures for different types of vining plants.
- Integrated pest management will be taught- how to use herbs, companions, and flowers to deter common garden pests.
 - IPM is a philosophy of gardening that utilizes other plants to attract beneficial insects in order to lower the usage of other measures against common garden pests.

No class in July as it would be too similar to the class in June. Students are encouraged to come to the farm to volunteer and see the progress of the teaching garden if they wish.

Saturday August 9, 2025 - Harvesting, quality control, composting, fall plants

- August is the time of the season that the garden will be starting to produce in a high volume. We will talk about how/when to properly harvest our crops, washing them, quality control, and what to do with our C-grade produce.
- Students will learn how to make a compost pile with our C-grade produce, as well as share recipes for our favorite summer vegetables.
- In this class we will also talk about our fall crops, and may do some seed blocking for these plants, as they should be in the ground in early September, depending on their days to maturity (DTM).

**Saturday September 13, 2025 - preserving your harvest (guest instructor Rachael Hall!)
This class will take place at the WCG campus on 800 S in their teaching kitchen.**

- This class will focus on how to get the most out of your garden for weeks and months to come. Students will learn how to preserve vegetables at the height of their freshness and utilize different preserving techniques.
- Fermenting, canning, quick pickles, and freezing.
- Each student will get handouts with canning recipes as well as proper/safe techniques.
- We will proceed to make tomato sauce, blanch and freeze green beans, quick pickled radish and onions, lacto-fermentation, and regular fermentation.

Saturday October 11, 2025 - putting the garden to rest, cover crops, deep leaf mulching

- Students will get an in-depth lecture on what cover crops to use when, how to plant them, and when to plant them. We will also mulch garden beds for an alternative to cover cropping.
- We will start to take down our summer crops and get any last-minute fall crops in the ground.
- Students will get handouts of cover crop usage, what each common cover crop does for their soil, and a jar of cover crop mix.