

COMMON GROUND

ORGANIC GARDEN SUPPLY AND EDUCATION CENTER

559 College Ave. Palo Alto California 94306 650.493.6072

www.commongroundinpaloalto.org

SPRING/SUMMER 2006 CLASS SCHEDULE

Please register and pay in advance by mail or in person.
Seniors and low-income persons may request a
\$4 discount on classes.

CONTAINER GARDENING

Susie Mader Sat, April 1
10:30 - 12:00 \$20

Would you like to put in a garden in a small space? We have the easy solution for you. Get some color, fresh sweet herbs, vegetables and edible flowers in your life with container gardening. We have everything you need to get started and maintain one or more containers of lovely plants. *Susie is a fabulous teacher who is a landscape consultant and contractor specializing in ecologically complete systems.*

*INTRODUCTION TO GROW BIOINTENSIVE

John Jeavons Sat, April 8
10:30 - 12:30+ \$23

How do you get sustainably high yields of vegetable, grain and other food crops, while building the fertility of your soil? Learn the principles of the Ecology Action method of GROW BIOINTENSIVE gardening, including double-digging, composting and soil-building, intensive planting, companion planting, carbon-farming (compost crops), calorie farming, and open-pollinated seeds. We emphasize a whole-system approach that builds soil fertility in a relatively short time, so that fertilizer inputs (other than compost) become unnecessary, or almost so, thereby making the garden and farm sustainable.

*DOUBLE-DIGGING AND BED PREPARATION

John Jeavons Sat, April 8
2:00 - 4:00+ \$23

Loosening the soil 24 inches deep to build soil structure is easy if you know how! Plants grow better, the garden needs less water, and weeds come out more easily. Double-digging is the first step in a GROW BIOINTENSIVE garden. This class includes a hands-on



Thanks to Deborah Rose for her \$5000 Matching Grant and all who donated so we were able to make the match.

demonstration at a nearby garden. *John is known internationally as a leading researcher, teacher, and consultant on small-scale food production using the GROW BIOINTENSIVE method. He is the Executive Director of Ecology Action and author of the book, How to Grow More Vegetables, Fruits, Nuts, Berries, Grains and other Crops, which is in its sixth edition and has sold over 500,000 copies worldwide.*

NATURAL EGG-DYING WORKSHOP.....for kids of all ages!

Jody Main Sat, April 15
10:30 - 11:30 \$10
or 11:30 - 12:30 \$10

Bring 1-2 dozen cooked white-shelled eggs (in their carton) to beautifully color with Jody's organic dyes! Eggs are a symbol of spring, and natural egg-dying is a healthful and special way to celebrate spring, using the natural things around you. Natural dyes are safe, easy to make from berries and vegetables, and combine with egg shells to produce lovely soft and natural colors. No two eggs are ever alike, and together in a basket they are always beautiful. Recipes included. Old clothes or aprons advisable. Children under 6 years need to be accompanied by a responsible older person. *Jody, a long-time manager of Rosalind Creasy's test and*

Center Hours: Tuesday - Friday 10:00 a.m. to 5:30 p.m. Saturday - Sunday 10:00 a.m. to 5:00 p.m.

photo garden, now offers consultations and grows specialty crops for the organic home gardens she manages for busy families.

GARDENING WITH CALIFORNIA NATIVES

Fran Adams Sat, April 22
10:30 - 12:00 \$20

Imagine having a native plant garden that is so attractive the neighbors will want to plant natives too! Essential design principles will be explained. The art of combining plants will be illustrated using the plants from Common Ground's nursery stock! Aesthetic challenges special to native plants will be addressed. You will be given planting and maintenance tips to ensure your success. *Fran Adams is an experienced landscape designer and teacher. She has a long standing affection for the plants, animals, and natural beauty of California.*

***INTRODUCTION TO SUMMER CARE TECHNIQUES**

Margaret Lloyd Sat, April 29
9:30 - 11:30 \$23

Learn specific plant characteristics, how these influence their care, and important harvesting techniques that will improve their health and increase your summer bounty. Through a combination of discussion and visuals, this class will deepen your understanding of your vegetables and give you tips on how to better care for specific ones. We will discuss techniques to increase your yield. *Margaret apprenticed and worked for 2 years under John Jeavons at our Research Garden in Willits. She is a Tufts University graduate and is well versed in backyard gardening and home farming. She provides agriculture support to rural farmers in West Africa through OIC Int'l.*

STARTING YOUR SUMMER GARDEN

Drew Harwell Sat, May 6
10:30 - 12:30 \$23

This class will answer all your questions and inspire you to grow vegetables and herbs. Learn exactly what plants to begin with. Many seeds are eager to germinate at this time of year. You will get plenty of ideas and instructions on direct sowing, transplanting, creating healthy soil, and harvesting. Class will conclude with a tour of Jesse Cool's Seeds of Change Garden. *Drew is the Garden Manager for Jesse Cool's Seeds of Change Garden, the former manager of the Stanford Community Farm, and has gardened in our Ecology Action Research Garden/Mini-Farm in Willits.*

DRIP IRRIGATION

Frank Niccoli Sat, May 13
2:00 - 4:00 \$23

This hands-on class demonstrates the simplicity of installing and maintaining a drip system. We will discuss the advantages and disadvantages of drip irrigation versus a spray system. Pressure reduction and filtration as well as irrigation controllers will be shown. *Frank teaches at Foothill College and for the Landscape Contractors Association. His company, The Village Gardener, has won numerous awards in flower design, landscape management and installation.*

***SOIL FERTILITY AND FALL PLANNING**

Margaret Lloyd Sat, May 20
9:30 - 11:30 \$23

The most influential component that a gardener can learn about is soil and its fertility. We will begin by examining Biointensive techniques of achieving sustainability in the home garden.

Then, we will complement these techniques by creating a year-round garden plan, with emphasis on fall planting, that will support the needs of both the soil and gardener.

SOLAR OVENS: COOKING, BUILDING AND BUYING

Don Larson Sat, May 27
10:30 - 12:30 \$23

Learn how to prepare healthy vegetables, grains, beans, as well as tender meat dishes and bread with the Sun's energy. You can modify your favorite recipes for use in your solar oven. Learn heating and aiming techniques. Construction principles and suggested materials will be covered. Learn about different designs of ovens. Solar ovens and cookbooks will be available for purchase. *Don owns and operates 2 solar ovens, a solar water distiller, a solar fruit drier, and generates his electricity at home using a 2-kilowatt solar photo-voltaic array. Don is our beloved Assistant Manager at Common Ground.*



TOOL TIME

Merrill Jensen Sat, June 3
10:30 - Noon \$20

Do your pruners look like they have just been dug out of the garden? Are they so dull they just chew away at twigs? Is your spade or shovel covered in rust? Come find out how you can keep your garden tools looking and performing like the day you brought them home. Bring along your grungy tools. *Merrill is the Director of Horticulture at the Elizabeth F. Gamble Garden in Palo Alto. He has a degree in Ornamental*

Horticulture from Washington State University and has been gardening in the NW for the past 25 years.

***SUMMER HARVEST AND SEED SAVING**

Margaret Lloyd Sat, June 10
9:30 - 11:30 \$23

Have you discovered your favorite vegetable variety or have a plant that out-produces or endures more than other plants? Learn to save the seed of your vegetable crops and begin developing your own strains that are suitable to your conditions. In essence, you will be creating your own heirloom varieties from your own backyard. Start saving this year. In addition, we will discuss how to save your summer harvest.

INTRODUCTION TO GARDEN-BASED HERBALISM

Darren Huckle Sat, June 17
10:30 - 3:30 \$65

Herbal medicines abound in your garden. Multitudes of herbs disguised as ornamentals and “weeds” are awaiting your discovery. Learn how to use these herbs by studying the foundations of garden-based herbalism. We’ll learn how to safely prepare and use garden herbs for preventing and treating common maladies including cuts, burns, colds, indigestion, etc. Looking outside, we’ll be smelling, feeling and tasting our way to understanding the uses for dozens of plants from our unique bioregion. Learn how to make teas and tinctures from fresh local plants. *Darren is an herbalist, horticulturist, and acupuncturist. He has been growing, studying and using local medicinal plants for over 10 years.*

HERBAL CLASS SERIES

with **Darren Huckle**
Tuition for the series is **\$210 or \$80 per class.**

Class 1

HERBAL PREPARATIONS FROM THE GARDEN Sat, June 24
\$10 materials fee 10:30 - 4:30

Learn how to prepare fresh garden herbs into an assortment of healing products. We’ll cover the appropriate harvesting and drying of garden herbs. Then we’ll engage in the step-by-step process of preparing effective teas, tinctures, oils, broths, and salves. Each participant will leave with a jar of salve and tincture.

Class 2

DIGESTIVE WELLNESS THROUGH FOOD AND HERBS
Sat, July 1 10:30 - 4:30

Much like a garden’s compost pile, the digestive system fuels one’s health, growth and reproduction. As the root of all our energy it is important to keep it running smoothly. Fortunately there are many garden herbs and foods that nourish this vital system. This class will focus on herbs and other strategies to maintain and heal the digestive system.

Class 3

HERBS FOR THE RESPIRATORY SYSTEM
Sat, Aug 5 10:30 - 4:30

Just as lofty garden beds are a key to productive gardens, healthy functioning of the respiratory system is essential to our personal productivity. Many common garden herbs are very useful for maintenance and treatment of the respiratory system. This class will focus on herbs and other strategies for maintaining the health of the human respiratory system and correcting its imbalances.

BECOME AN IRRESISTIBLE MAGNET FOR MIRACLES

Jacquelyn Aldana Sat, July 15
10:30 - 12:30 \$23

Miracles happen! And they can happen to YOU even if you have nothing more than a dim chance and a bright hope! You will learn about “The 15-Minute Miracle” and Jacquelyn and her husband’s compelling story about how they manifested miracles into their lives against all odds. You will be amazed and delighted to learn how you can be an irresistible magnet for Love, Money and Miracles. *Since 1995, Jacquelyn has been a highly sought-after keynote speaker, mentor, and Rapid Results Coach working with people from all walks of life all over the world.*

SOIL FOODWEB

Alane Weber Sat, July 22
10:30 - 12:30 \$23

The soil foodweb consists of all the beneficial micro- and macroscopic soil critters that function harmoniously in our garden soil. They are responsible for nutrient cycling, soil production and immune system boosting. Understanding the soil foodweb will give you greater ability to surf with nature’s wisdom and make better compost. *Alane O’Rielly Weber is an advisor for Soil Foodweb, Inc. She runs the educational portion of RecycleWork’s Master Composting Program for San Mateo Co. Her approach is animated with humor and suffused with the integrity of sustainable care for our lands.*



* **A GROW BIOINTENSIVE class**

ABOUT COMMON GROUND

Common Ground Organic Garden Supply and Education Center is a non-profit project of Ecology Action, an organization dedicated to GROW BIOINTENSIVE® food-raising. Biointensive gardening and mini-farming techniques, researched and developed by Ecology Action over a thirty-four year period, allow you to grow all your food while maintaining and improving the fertility of the earth. Compared to commercial agriculture, GROW BIOINTENSIVE gardening/mini-farming uses as little as 1/8 the water, 1/2 or less the purchased fertilizer, and 1/100 the energy per pound of food produced. With only hand tools and the skills and knowledge of GROW BIOINTENSIVE food-raising, you can produce two to six times more food from your garden. This method is being taught and used in over 120 countries worldwide.

Here at our Mid-Peninsula Center you are able to:

- Attend hands-on classes in organic gardening methods and other related topics.
- Choose from 500+ open-pollinated seed varieties and nursery starts: vegetables, herbs & flowers.
- Condition and feed your soil with our broad selection of organic composts, worm castings, fertilizers, and mulches.
- Care for your plants with quality tools and natural disease and pest management products.
- Be inspired with our unique selection of books, magazines, cards, and gift items.

Common Ground Spring and Summer Classes

clip and save

4/1 Container Gardening
4/8 *Introduction To Grow Biointensive
4/8 *Double-Digging and Bed Preparation
4/15 Natural Egg-Dying Workshop
4/22 Gardening With California Natives
4/29 *Introduction To Summer Care Techniques
5/6 Starting Your Summer Garden
5/13 Drip Irrigation
5/20 *Soil Fertility And Fall Planning
5/27 Solar Ovens: Cooking, Building And Buying



6/3 Tool Time
6/10 *Summer Harvest And Seed Saving
6/17 Introduction To Garden-Based herbalism

HERBAL CLASS SERIES

6/24 Class 1 Herbal Preparations From The Garden
7/1 Class 2 Digestive Wellness Through Food And Herbs
8/5 Class 3 Herbs For the Respiratory System
7/15 Become An Irresistible Magnet For Miracles
7/22 Soil Foodweb

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