

Gardening Course Descriptions

Spring, 2010

Course Descriptions for 2010 Spring Classes

To Register: Please go to the website www.goodearthgardenschool.com and register to hold your place for the courses you would like to take.



Class	Host	Location	Date	Cost	Deadline
Ask Mother Nature: Spiritual Tools for Gardening	Terra Bella Bakery Cafe' *	Anchorage	Tue Mar 16 10am-noon	\$15	March 15
Shopping for Foods You Can Trust	Terra Bella Bakery Cafe' *	Anchorage	Tue Mar 23 4-5:30pm	\$15	March 18
Make &Take Windowsill Greens Garden Repeated	Terra Bella Bakery Cafe' *	Anchorage	Tue Apr 6 10am –noon Wed Apr 7 10 am – noon	\$30 for all materials. Limit of 10 people	April 1
Co-Creative Organic Gardening	Angelina McMichaels	Anchorage	Sat-Sun Apr 10-11 10 am-6pm	Both days \$110; 1 day \$80*	April 1
How to Build Powerhouse Soil Fertility Repeated	Bob & Christine Greig, Alaska Sea-Agriculture	Palmer	Sun Apr 18 2-4 p.m.	\$18	April 12
How to Build Powerhouse Soil Fertility A repeat	Bob & Christine Greig, Alaska Sea-Agriculture	Palmer	Thur May 6 3-5 p.m.	\$18	May 1
Breaking the Chemical Habit—How to Choose Organic Fertilizers	Terra Bella Bakery Cafe' *	Anchorage	Tue May 11 10-11:30am	\$15	May 5
Wednesday Movie Night & Discussion Sustainability, Food, & Health	Terra Bella Bakery Cafe' *	Anchorage	Wed Eve. 6 pm Mar 17, 24 Apr 7, 14, 21, May 5 & 12	\$3	No advanced registration needed

***Location:Terra Bella Bakery Café
601 E. Dimond Blvd. - Anchorage**
Next to Bed, Bath and Beyond, across from the Dimond Mall

Ask Mother Nature: Spiritual Tools for Gardening

With Ellen Vande Visse

Slugs in your lettuce? Wasp nest on your deck? Weeds invading your yard? Trees to cut down? Is there is a way you might work with nature? YES! Learn how to consult the wise and joyful natural energies of your garden, who can help you solve your vexing problems. It's all possible! Based on her book, *Ask Mother Nature, a Conscious Gardener's Guide*.

Where: Terra Bella Café Bakery

When: Tuesday March 16 at 10 am-Noon

Tuition: \$ 15

Shopping for Food You Can Trust

Join us to sample fruits and vegetables grown chemically and organically. Taste 'em. Compare 'em. Hear their childhood stories.

Find out...

- ✓ when to choose organic and when it is not so crucial
- ✓ how to shop for the highest nutritional density for the cost
- ✓ how to take control of your diet, nourishment, and health
- ✓ Go home feeling empowered, no matter what your grocery budget.

Where: Terra Bella Café Bakery

When: Tuesday, March 23 at 4-5:30pm (come hungry)

Tuition: \$16 or \$12 each for 3 or more signing up together.

Make and Take a Windowsill Greens Garden

Grow Your Very Own Baby Greens

(Babies due in 4-8 weeks!) Yum!

Make and take an indoor greens garden with a tasty seed mix for flavor and color. Become the first kid on the block to harvest and savor your own succulent baby greens—before the outdoor soil has thawed!

Where: Terra Bella Café Bakery

When: Two identical, repeated classes. Room for 10 participants each.

Tue April 6 at 10 am-noon, and repeated Wed April 7 at 10 am- noon.

Tuition: \$30 for all materials and instruction. Register early to hold your place.

Co-Creative Organic Gardening Workshop

With the Joyful Spirits of Nature

Join Ellen Vande Visse of Good Earth Garden School, based on her new book, ***Ask Mother Nature, a Conscious Gardener's Guide***.

- Combine your green thumb and your spirituality
- Learn Practical Organic Growing Methods
- Discover the science of successful organic vitality and yield
- Choose organic fertilizers for healthy, nutritious plants
- Manage pests non-toxically
- Perfect your compost pile and compost tea production

Communicate and Co-Create with Nature

Meet the wise, helpful, and humorous Devas and Nature Spirits

- Apply the Findhorn and Perelandra Garden techniques
- Receive specific answers to your garden questions
- Gain confidence with group practice and confirmation

Date & Time: Saturday – Sunday April 10-11 from 10 am - 6pm

Location: Anchorage (map available when you register)

Tuition: Both days, \$110. One day \$80. Some work-trade available.

Registration: Deadline: April 1st

Please register on line to hold your place at www.goodearthgardenschool.com

For more than seven participants, only \$95 for both days, \$65 one day. Reduce tuition by recruiting a friend! Rebates made in class. Mature, interested children are welcome to participate.

For more information contact Angelina angelinashomedaycare@yahoo.com or 274-1012

How to Build Powerhouse Soil Fertility - Palmer

With Sustainable Soil Gurus Bob & Christine Greig, www.AlaskaSea-Ag.com

While every potato crop around them fell flat and died from Late Blight, Greigs have successfully raised delicious commercial potatoes through four episodes of this dreaded disease. "It's all about soil health and nutrition," emphasize Bob and Christine of Alaska Sea-Ag. It is Greigs' life mission to educate and supply farmers and gardeners who aspire to grow non-toxic and nutrient-dense crops.

Check out their diverse selection of proven soil amendments, biological stimulants, high-quality compost, beneficial microbes, container soil blends, trace minerals, and high-brix formulas. And of

course, you'll see the miraculous fishbone meal that Bob grinds himself by the tons. Get expert advice about what your soil needs and why. Afterward, you can conveniently purchase the fertilizers you'll need for optimizing your growing operation.

When: Sunday, April 18th, 2-4 p.m. and repeated Thursday, May 6th, 3-5 p.m.

Tuition: \$18

Where: From Palmer townsite, follow the Glenn Hwy towards Sutton. As you go up the second rise of Bailey Hill, look for a church on the right, and turn left onto Marsh Road (across from a church). Go to the Moffitt Farm. Follow the signs and look for the tall silo to find the Alaska Sea-Agriculture warehouse.

Breaking the Chemical Habit— How to Choose Organic Fertilizers

Petro-chemical fertilizers eventually destroy soil health, tilth, and essential microbes. Come learn how to select natural fertilizers like greensand, kelp, and rock phosphate to build living, healthy soil. When you apply a balanced foundation of soil nutrition organically, you'll see your flowers, lawn, and landscaping take on new vitality and pest and drought resistance. You'll especially love the yield and delicious taste of your vegetables.

Where: Terra Bella Café Bakery

When: Tue, May 11 at 10-11:30 am

Tuition: \$15

Wednesday Night Movies at Terra Bella Sustainability, Food, & Health

Location - Anchorage - Cost \$3

March 17 & 24, April 7, 14, 21, May 5 & 12 All start at 6pm. Come hungry!

- March 17, 2010: **Cancer, Nutrition & Healing**
- March 24, 2010: **Circle of Plenty**
- April 7, 2010: **The True Cost of Food--and--The Health Dangers of Genetically Engineered Foods & Their Cover-Up**
- April 14, 2010: **Hidden Dangers in Genetically Engineered Kids' Meals: Genetically Engineered Foods**
- April 21, 2010: **The Future of Food**
- May 5, 2010: **The Power of Community**
- May 12, 2010: **Building Local, Healthy Food Systems**