

Engaging workshops (in-house and virtual) that will both inspire and ignite your employees.

**What's in Greenmarket Season Right Now** *(with a sampling of delicious Greenmarket produce)*

*Join us for an exploration of local, seasonal fruits and vegetables currently available in New York City's Greenmarket farmers markets!*

*We'll dive into the history and travels of this food - where is it native, how long has it been in our region, and how is it grown in NY now. When available, we'll highlight fruits/vegetables native to New York. Presentations will include a sampling/tasting and some time to share recipes and cooking tips. In-person.*

- *We'll also look at some of the history of where the fruits/veg originated, their introduction to our area, and when/how they are grown in NY*
- *When available, we'll highlight fruits/vegetables native to New York*

*We'll offer storage tips, cooking ideas, and recipes*

**Grow a Garden from Food Scraps** *(This is fun that people can do at home or with their families)*

*Transform your food scraps and pantry staples into living plants for your home: learn to grow microgreens and sprouts, re-grow your scallions and other veggies, propagate kitchen herbs, plant an avocado pit and other fruit seeds, and sprout dried beans! These are great options for indoor and outdoor growing. In-person participants will propagate herbs to take home along with seeds to start their own windowsill sprouts. Can be done in person or virtually.*

**Gardening for Climate Change**

*Learn how to nourish and adapt your garden for a changing climate. We'll explore how climate change affects growing zones, pests, extreme weather events, and more while exploring solutions and ways to introduce these complex topics to your garden communities. This is a virtual workshop.*

**Ancestral Foods (Only Available in the Fall/Winter)**

*In this intro to Ancestral Foods from Africa and the African diaspora, we'll explore food as nourishment, but also as a communication and healing tool for communities, as well as the relationship between food, self, culture, environment, and spirituality. This is a virtual workshop.*

**Food Justice (Only Available in the Fall/Winter)**

*This workshop explores a basic foundational framework of the elements of food justice, by examining aspects including community agreements, common terms & definitions, through interactive activities and community-based discussion. Participants explore their relationship to and understanding of food, worker's rights, and environmental justice using their own learned and lived experiences toward the subject. Participants leave with a clear understanding of the importance of food justice and how it relates to the individual at home, in the workplace, and in the community.*

**All About Seeds (Workshop + Optional Seed Packing)**

*In this intro to seeds, we explore different types of seeds, seed-saving techniques, how to harvest seeds (from your own plants and produce you get from the store or market), and how to grow them! As an*

*add-on hands-on activity, participants can help us sort, package, and decorate seed packets for our school garden seed library to send out to schools all over NYC.*

## **Sensory Wellness**

*In this workshop, learn the importance of sensory wellness, home remedies, and relating that to an ancestral practice. Learn how to create space for yourself and your team using herbs and other practices. Drawing from the experience of GrowNYC's Gardens at NYCHA team, Chantel Kemp and DK Kinard.*

## **Intro to Microgreens** (This is excellent for folks wanting to grow indoors in limited space)

*Microgreens are delicious, nutritious vegetables that grow easily on a countertop or windowsill. In this workshop, we'll learn a little botany, discuss the difference between microgreens, sprouts, and baby greens, see examples of different types of microgreens, and learn how to plant and care for your own. In-person.*

- *Option 1 - We'll demonstrate how to grow microgreens. You'll receive a starter kit, so you can begin growing your own microgreens at home!*
- *Option 2 - Each attendee will have the chance to get their hands dirty by planting their own microgreens to take home and enjoy!*

## *Participants will*

- *Option 2 - Each attendee will have the chance to get their hands dirty by planting their own microgreens to take home and enjoy!*
- *Learn the difference between microgreens, sprouts, and baby greens*
- *Touch on botany and nutrition*
- *See examples of different types of microgreens at different stages of growth*
- *Sample tasting of microgreens*
- *Plant your own microgreens (this can be done on-site, but, it is a little tricky to carry home; otherwise, we can do a demonstration, and people can take kits home to do themselves. Note - kits will require plastic. Otherwise, we can demo on-site, and people can take home seed and soil or coir and do it themselves at home.)*

## **Rainwater and Urban Design (Available in Winter unless combined with volunteer experience)**

*This is an introduction to how GrowNYC utilizes rainwater harvesting, permeable pavements, green roofs, and rain gardens (bioswales) to mitigate our city's challenges with flooding – and how the city is embracing these techniques to become more sponge-like during rain events.*

**Ideal GrowNYC Greenmarket tours:** April, May, Jun and then again Sept, Oct, Nov. (It can be unpredictably hot in July, and August.

- *Greenmarket tours start with an introduction and overview of the Greenmarket network, a walk through the market with stops for Q&A with farmer-producers of interest to the group, and an exploration of what is currently in season - including a look at unusual products. Tours can also examine specific topics in-depth, ie. organic, farming in an era of climate change, food access, etc.*