



# March 2016

(DT)–Amon G. Carter Jr. Downtown YMCA  
 512 Lamar St. Fort Worth, TX  
 817-332-3281  
 (ES)–Eastside YMCA  
 1500 Sandy Lane, Fort Worth, TX  
 817-451-8276  
 (MDSE)–McDonald Southeast YMCA  
 2801 Miller Ave. Fort Worth, TX  
 817-534-1591

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 Warm Season Seed Starting Site: DT (3rd Flr) 11:00am-Noon	4	5
6	7	8	9 Soils and Composting Site: MDSE (Contact Site)	10	11	12
13	14	15 Rainwater and Irrigation Site: ES 11:00am-Noon	16	17	18	19
20	21	22	23	24 Soils and Composting Site: DT (3rd Flr) 11:00am-Noon	25	26
27	28	29	30 Warm Season Annual Planting Site: MDSE (Contact Site)	31		

## **Workshop Descriptions**

### **Warm Season Seed Starting**

Our “Warm Season Seed Starting” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is to equip participants with the knowledge of what, when, and how to plant numerous annual crops throughout the year. Participants will learn about seasonal planting in North Central Texas, how start plants from seed and when to do so for the spring. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Fort Worth Botanic Gardens.

### **Soils and Composting**

Our “Soils and Composting” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is the purpose, values and methods of composting waste. Participants will learn how to easily start and properly maintain a thermophilic (hot) or vermiculture (worm) compost system (depending on the branch). They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as Keep Fort Worth Beautiful.

### **Warm Season Annual Planting**

Our “Warm Season Annual Planting” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is equip participants with the knowledge of what, when, and how to plant numerous annual crops throughout the year. Participants will learn about seasonal planting in North Central Texas, how start plants from start and when to do so for the beginning of summer. They will apply and these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as Tarrant Area Food Bank Community Garden Program.

### **Rainwater and Irrigation**

Our “Rainwater and Irrigation” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is how to passively and actively utilize rainwater and multiple methods of active irrigation. Participants will learn how to create a rain barrel and a simple drip irrigation system. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Botanical Research Institute of Texas.



# April 2016

(DT)-Amon G. Carter Jr. Downtown YMCA  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 Garden Design & Permaculter Site: ES 11:00am-Noon	6	7	8	9
10	11	12	13	14 Int. Pest Management Site: DT (SOS Rm) 11:00am-Noon	15	16
17	18	19	20 Rainwater and Irrigation Site: MDSE (Contact Site)	21	22	23
24	25	26 Soils and Composting Site: ES 11:00am-Noon	27	28	29	30

## **Workshop Descriptions**

### **Soils and Composting**

Our “Soils and Composting” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is the purpose, values and methods of composting waste. Participants will learn how to easily start and properly maintain a thermophilic (hot) or vermiculture (worm) compost system (depending on the branch). They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as Keep Fort Worth Beautiful.

### **Rainwater and Irrigation**

Our “Rainwater and Irrigation” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is how to passively and actively utilize rainwater and multiple methods of active irrigation. Participants will learn how to create a rain barrel and a simple drip irrigation system. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Botanical Research Institute of Texas.

### **Garden Design and Permaculture**

Our “Garden Design and Permaculture” workshop will begin with an interactive review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is cover these considerations in greater depth, how they're applied in numerous types of gardens, and introduce permaculture, a unique way of perceiving and interacting with the earth. Participants will learn how design and develop their own garden based on general criteria and how to apply these lessons within their own space, independent of the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to implement their new knowledge and skills at the YMCA garden, their own garden and/or seek additional support from local resources, such as Tarrant County Food Policy Council.

### **Integrative Pest Management**

Our “Integrative Pest Management” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is how to effectiely manage garden pests while minimizing risks to people and the environment. Participants will learn methods to keep pests from becoming a problem, such as companion planting, and how to create conditions that inhibit pests from thriving in the garden. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Tarrant County Master Gardeners Association.



# May 2016

(DT)-Amon G. Carter Jr. Downtown YMCA  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5 Rainwater and Irrigation Site: DT (SOS Rm) 12:00-1:00pm	6	7
8	9	10	11 Harvesting and Nutrition Site: MDSE (Contact Site)	12	13	14
15	16	17 Harvesting and Nutrition Site: ES 11:00am-Noon	18	19	20	21
22	23	24	25	26 Native Plants and Pollinators Site: DT (3rd Flr) 11:00am-Noon	27	28
29	30	31				

## **Workshop Descriptions**

### **Native Plants & Pollinators**

Our “Native Plants & Pollinators” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is to introduce participants to the vital importance of native plants and pollinators to our garden and surrounding environment. Participants will learn about our local ecology, such as the Fort Worth Prairie, types native plants uniquely adapted for our region, their importance as habitat for pollinators and how they (the participants) can actively provide support for these systems. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Native Prairies Association of Texas.

### **Rainwater and Irrigation**

Our “Rainwater and Irrigation” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is how to passively and actively utilize rainwater and multiple methods of active irrigation. Participants will learn how to create a rain barrel and a simple drip irrigation system. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Botanical Research Institute of Texas.

### **Harvesting and Nutrition**

Our “Harvesting and Nutrition” workshop will begin with a brief review of the elements within a whole garden, including water, soil, energy, design and community. This review will equip the participants with knowledge of the systems and structure of the YMCA Garden Program and a foundation of values and perspective from which we will move forward. The primary emphasis of this workshop is the process of going from garden to plate within the seasons. Participants will learn how and when to harvest seasonal crops from the garden, and what to do with them once they're in the kitchen. They will apply these lessons within the garden at the YMCA branch where the course is held. After attending the workshop, participants will be equipped to apply their new knowledge and skill at the YMCA garden, their own garden and/or seek additional support from local resources, such as the Forth Worth Blue Zones Project.