

**BADSEED Presents**  
**URBAN HOMESTEADING**

*“Learn to Live Off the Grid, In the Grid”*

2009 Course Schedule and Descriptions

\*Students **must Pre-Register** for all Urban Homesteading classes.  
**To SIGN UP**, download our **mail-in** course registration form online at  
[www.badseedfarm.com](http://www.badseedfarm.com).

\*All courses will be held at BADSEED at 1909 McGee St. KCMO 64108,  
unless otherwise noted.

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Thursday, April 2nd (6-8 PM)-  
**INTRO To Urban Homesteading**

Don't know your lids from your bands, or the difference between a root cellar and a larder? But you do know that you want to have a hand in as much of the food you eat as possible. An "Introduction to Urban Homesteading" will teach you how to stock your cupboards, freezers, basements, and closets with the luxury of local food. The class will deal with how to make food preservation a part of your life. Canning, freezing and dehydration methods will all be discussed. Recipes for standard items like tomato sauce, salsa, pickles, dried herbs, jams and other goodies will be reviewed. You'll get to handle the batterie de cuisine of equipment you will need, from a food mill to a sausage grinder. You'll also learn how to keep a bulk of onions, squashes, carrots, sweet potatoes and other vegetables over the winter, as well as how to find bulk sources of fruits, vegetables, nuts, meats and dairy in the KC area.

\*Instructor Tom Ruggieri and partner Rebecca Graff farm for a 103 member CSA in Kearney, Missouri. Tom has been an urban homesteader for the past 20 years, filling his pantry with everything from locally made tomato sauce to salami to champagne, whether living in a house, a studio apartment, or on a farm.

Cost of Class - \$35

## Canning & Preserving Workshops

Join canning “guru”, Lori Watley, for a hands-on experience filled with chopping, mixing, mashing and more as you create delicious concoctions from seasonal organic produce. Students will learn basic water-bath canning and pickling techniques that will be fit to fill your cupboards for the cold winter months ahead. Students will receive informational packets to take home and some of Lori’s favorite recipes, not to mention a hot jar of the day’s accomplishments!

### 1) Saturday, June, 13th (10-3 PM) – **Making Jams & Jellies**

This is the first canning opportunity of the season as luscious strawberries grace our mid-western fields. Take advantage of this early berry and “jam” it up for the “fruitless” times ahead. Learn how to make traditional jellies and preserves with techniques that can be applied to other seasonal fruits.

Feel free to bring some berries, and any other local goodies you would like to experiment with!!!

Cost of Class: \$50

### 2) Saturday, July 18th (10-3 PM) – **Pickling!! Cucumbers, Beets & Beans**

This is the time when all the pickling friendly veggies are abundant and dying to be drenched in some delicious brine!

Learn classic pickling techniques with a gourmet edge using unlikely herbs and spices. You can pickle almost anything, so you are welcome to bring some local veggies that catch your eye.

Cost of Class: \$50

**3) Saturday, August 15th (10-3 PM) –  
Heavenly Tomatoes!! The Art of Canning Sauce**

If you haven't sunk your summer teeth into a beefy heirloom tomato, then frankly, you have not lived. Try one and you'll see why it is absolutely sac-religious not to can these babies while they are in season and booming!! Learn to can homemade sauces and salsas that will save your soul!! Check out your local farmers market, and bring a few crazy tomatoes to throw in the mix.

Cost of Class: \$50

**4) Saturday, October 10 (10-3 PM) –  
Autumn Harvest!! Spiced Apples, Sauces & More**

Fall is here, and apples are the name of the game. Concoct and can sinfully spiced apple sauces, apple butters, & exquisite chutneys sure to heat up that cold winter right around the corner. If you'd like, bring some of your favorite local varieties or anything else the autumn harvest has to offer.

Cost of Class: \$50

## **BREWING & FERMENTATION**

Saturday, May 9 (1-4 PM) & Saturday, May 23 (2-4:30 PM)  
**BEER BREWING Part 1 & 2**

Learn the principles of all grain brewing using inexpensive equipment and techniques. During the 2 session class, participants will get hands-on experience crafting a fine Red Ale using organic malted barleys from Seven Bridges Cooperative.

### **Session 1 - Brewing**

- \* Home Brewing equipment and sanitation
- \* Ingredients
- \* Single infusion Mashing
- \* Sparging
- \* The boil and hopping
- \* Yeast and fermentation

### **Session 2 - Bottling and Conditioning**

- \* Equipment and Sanitation
- \* Bottling and aging

Brew master, Steve Mann, home brewer with over twenty years experience, was winner of the 1st place ribbon for German style lagers in 1995 and 1997 in the KC Bier Meisters Homebrew Competition.

Cost: \$50

Wednesday, April 29th (7-8:30 PM) -  
**STRANGE BREW: Kombucha “Mushroom” Tea**

The Chinese called it the "Immortal Health Elixir" because they believed Kombucha balanced the Middle Qi (Spleen and Stomach) and aided in digestion, allowing the body to focus on healing.

Join BADSEED Farmer, Brooke Salvaggio, in a relaxing evening

sipping “brew” and learning the art and magic of making Kombucha tea. Students will take home their very own Kombucha culture and written instructions for care and brewing techniques.  
\*(If taken good care of, your Kombucha “mushroom” will accompany you on life’s many journeys and spawn “kombucha babies” to give to your friends!!)

Cost of Class: \$25

## **GREEN HOME & GARDEN**

Sunday, March 15th (3-5 PM) -

### **Organic Transplants: How to Start Your Own!!**

Join BADSEED Farmer, Brooke Salvaggio, and get down and dirty (literally) as we mix up homemade potting soils and plant some seeds for your magnificent (soon to be) organic garden.

Students will learn:

- \*How to make their own organic potting soil
- \*How /When to seed specific crops indoors
- \*Where to obtain ingredients and supplies at the best price

Students will go home with their own seeded tray of tomatoes, peppers, eggplant, and herbs. As well as an informational packet including seeding schedules and local resources

Cost of Class: \$25

Sunday, May 3rd (2-5:30 PM) -

### **Backyard Gardening: Growing Food For Your Family**

\*Location: BADSEED Farm, 1201 W Bannister Rd, KCMO, 64114

Urban/organic farmers Brooke Salvaggio and Daniel Heryer (owners of BADSEED Farm) will teach a hands-on workshop in the basic art of vegetable farming designed specifically for urban/suburban spaces using “beyond-organic” cultivation practices.

Students will physically create a garden from "scratch" (removing sod, preparing soil, planting, etc.) on-site at BADSEED Farm at 95th and Stateline Road. Students, in addition to hands-on training, will receive comprehensive literature including planting guides, information regarding local seed sources, supplies, and soil amendments.

Cost of Class - \$40

**Sunday, April 26th (6-7 PM) –  
Make a RAIN BARREL !**

Join *Bridging The Gap's* Beau Baker for an evening in Rain Barrel madness!! Students will construct and take home a fully functioning 55 gallon finished barrel (23" in diameter and 36" tall), as well as the confidence and know how to make more!!

Rain Barrels are beneficial for a number of reasons including:

- Bringing first-rate water directly to your garden - NO Chlorine, NO calcium carbonate
- Diverting water away from your house that might otherwise leak into the foundation
- Cutting down on your city water consumption
- Demonstrating water conservation to family, friends, and neighbors
- Keeping water right where it is getting used, rather than sending it away for unnecessary treatment

Students can sign up to make more than one barrel.

Cost of Class: \$45 per barrel

**Wednesday, May 6th (6-8 PM) –  
VERMICOMPOSTING: Compact System for the Urban Dweller**

Join *Bridging the Gap's*, Becki Weber, and learn the awesome art of Vermicomposting. Students will learn how and why to compost with worms and how to use the finished product in their garden, landscaping, or potted plants.

Students will each build their own complete worm bin (a compact and odorless unit perfect for indoor urban spaces) ready to take home and conquer all those delicious food scraps and organic materials. Becki will provide all tools and supplies including bedding and red wiggler worms to start a 10-gallon worm bin.

Cost:

\$30 - Bring Your Own Container

(If you have a container you would like to re-use it should be opaque and only 10 to 18 inches deep similar to a 10 gallon Rubbermaid container. It can be either wooden or plastic. A lid is great but not required.)

\$36 - Container With Lid Included

## Tuesday, May 19th (6-8 PM) - **Humanure: COMPOSTING TOILET Workshop**

Enjoy a comprehensive and exciting two-hour workshop with Stan Slaughter, one of America's leading compost authorities. Students will learn about two composting toilet systems: a basic five gallon bucket toilet, and a more sophisticated in-home 55 gallon system. Students will view and receive building plans for the simpler unit, a guidebook for the 55 gallon barrel toilet, and two compost posters. To lighten the "load" students will play the "Compost Gin" card game to learn the basics of composting and the alchemy of Humanure!!

Cost - \$40

## Saturday, May 23 (10-1:00 PM) **Preserving with SOLAR DEHYDRATION**

Learn to apply appropriate technology and the power of the sun to extend the enjoyment of all those healthful fruits and vegetables you grow in your "Urban Homestead" garden.

We will build two solar food dryers, a simple low cost compact unit made from recycled window sash and a design developed by the New Mexico Solar Energy Associates.

A materials kit for both units will be available for sale to class participants.

Class Cost \$35

## GREEN PARENTING

Saturday, May 16th (1-4 PM) –

### **Baby's Homestead**

Join Herbalist and “Homesteading Mama”, Amy Bousman, in a jam-packed crash course that will briefly cover a variety of topics to teach you how to keep the simple life simple, even with a baby in the house!!

Explore how to keep your Earth impact minimal through the following ways:

\***Babywearing:** Learn about and try out 3 different types of popular slings to facilitate bonding and to cut down on plastic waste

\***The Family Bed:** Discover how to sleep safely with baby, strengthen the family bond, and eliminate the baby room altogether.

\***Breastfeeding:** Obtain local sources for assuring a strong start. Save money, time, and resources by utilizing mama's milk.

\***Cloth Diapering:** Disposable diapers are the 3rd biggest filler in landfills. Explore 3 popular types of cloth diapers to save money and precious natural resources. Also learn how to make your own diaper spray and cloth wipes!!

\***Making Baby's Food:** Learn the basics of how quick, easy, and inexpensive it is to blend up baby's first foods from fresh, whole fruits and veggies.

\***Natural Birth and Home Birth:** Learn the benefits for the whole family when mama feels her baby being born.

\***Herbal Remedies for Baby:** Learn how to safely treat baby's discomforts with homeopathic remedies, gentle herbal extracts, and calming/nourishing teas.

\***Circumcision and Vaccinations:** Raise a true nature baby AND respect this beautiful new being with a gentle start.

\***Useful Alternatives to Wasteful Baby Showers:** Explore creative ways to avoid unwanted, and potentially harmful gifts at baby showers. Possibilities can include recycled clothes/toys, and money donations for a cloth diaper fund.

Class will include a summary of topics with relevant local references/resources and helpful websites.

Cost: \$50 for Couples, \$30 for Individuals

## **HOLISTIC HEALTH: Herbs & Home Remedies**

Herbalist, Amy Bousman, has designed a comprehensive series of classes focusing on seasonal holistic health and beauty. Learn the essential art of “self healing” with plants and natural ingredients that can be cultivated in your own home garden or kitchen window.

**Series Discount:** Sign-up for 2 and get the third 25% off!

### **1) Saturday, April 11 (1-3:30 PM) – Starting Your Own Healing Garden from Scratch**

Affordable, effective, safe, home-grown health insurance can now be found right outside your doorstep! Join us to celebrate Spring and get your hands dirty while sowing a flat of medicinal plants. Choose from a medley of healing seeds to sow (including, but not limited to, Lemon Balm, Echinacea, Chamomile, and Calendula), learn about growing conditions, plant uses, and harvesting/processing techniques. Each participant will take home a flat of freshly sown seeds and a handout listing growing/harvesting info. and how to utilize your herbs for optimal health!

\*Note: large yards not necessary. Most of the plants we will be working with thrive easily in flower boxes, med. sized containers, and community gardens.

Cost: \$50

### **2) Saturday, July 11 (1-3:30 PM) – Healing Summertime Woes with Medicinal Plants**

This workshop will explore the many discomforts that plague us during the summer months, and how to enjoy the season without harming your temple with harsh toxins. Find natural methods for gently dealing with bugs, insect bites, sunburns, poison ivy, heat exhaustion, and more! In addition to discussion time, this class will assemble a summertime relief kit

(includes a skin refreshing spritzer, sunburn cream, and bug-bite ointment) and sip refreshing herbal teas.

Cost: \$50

### **3) Saturday, August 8 (1-3:30 PM) – Herbal Beauty Workshop**

Our outer shell is but a mirror reflection of our internal workings. Join us and discover how to make permanent, positive changes to your exterior through creating balance in your interior. Find which herbs best support healthy liver and blood functioning (common deficiency causes for external troubles), and which botanicals help to improve a variety of skin and hair types. Each participant will assemble and take home their own Herbal Beauty Kit (choose three from an herb-based facial/body scrub, facial toner, bath soak, lip balm, and liver/blood strengthening tinctures).

Cost: \$50

### **4) Saturday, September 12 (1-3:30 PM) Stocking the Herbal Family Pantry: Preparing Your Herbal First Aid Kit**

It's time to clean out that old medicine cabinet! Toss out those outdated antibiotics, mysterious cough syrups, and replace them with safe, effective herbal remedies! Find which herbs to use for common household ailments, such as headaches, stomachaches, fever, colds and flues. Also discover which herbs are a must to have on hand for minor medical emergencies. To get you started with re-stocking your herbal pantry, each participant will assemble and take home a kit including: an all purpose healing ointment, an immune enhancing herbal extract, and a trauma compress blend.

Cost: \$50