

Urban Farming

NHB 115

The Second Brain: Supporting Digestive and Nervous System Health with Herbal Medicine

NEW! \$100

Mon 5:30-8:30pm

July 1-Aug 12 (No class 8/5)

The gut has come to be regarded as the 'second brain' in our bodies, a complex ecosystem that strongly influences our mood and overall health. Herbal medicine can be deeply supportive to our digestion and mood-balancing. We'll learn about herbs we can harvest locally during the summer and make simple herbal medicine with plants harvested right from KCC Urban Farm.

Materials fee: \$20

NHB 116

Fall Gardening Basics **NEW!** \$75

Tue 5:30-8:30pm

July 30-Aug 20

Stay on track to continue enjoying a bountiful harvest into the fall season. Learn how to propagate fall crops from seed and how to select the right varieties for colder weather, scheduling planting times and crop rotations.

Materials fee: \$10

NHB 117

Seasonal Flavors: Intro to Culinary Herb Gardens **NEW!** \$50

Wed 5:30-8:30pm

July 10-July 24

Learn how to grow your own culinary herbs to add flavor to your favorite meals. Students will learn how to propagate, harvest, and preserve annual and perennial herbs perfect for any windowsill, container, or backyard garden.

Materials fee: \$15