

Introduction to Soil to Soul Cooking

The CFFJ Team discusses our take on Farm to Table Cooking including sustainability, food resilience and health equity. In our first hands-on cooking session we help participants prepare a simple meal from our harvest in a heart healthy and delicious way.

Exciting Seasonal Recipes

Learn how to grow and harvest fruits and vegetables for healthy and delicious salads ideas, side dishes and meals.

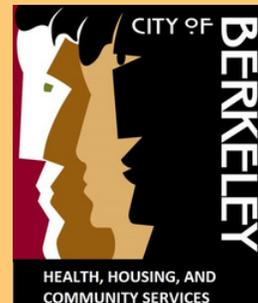
Registration

To register, call 510-981- 5350 or scan the QR Code below.



SCAN ME

This programming is made possible through the City of Berkeley's West Berkeley Family Wellness Center's Partnership with:



NEW!

**Free
Gardening
and Cooking
Class Series**

Introduction and Orientation

The CFFJ Team welcomes all participants to the garden and our workshop series. In this session we encourage dialogue, diversity of thought and exchange of ideas in a safe, inclusive and affirming space. We set expectations, create ground rules, engage in ice breakers while getting a feel for the needs of each participant and gauging the varying experience levels of the group.

Cultivating Food Sovereignty

In this session we build the notion of the importance of Food Sovereignty, while distinguishing this term from both food security and food justice. We introduce participants to the garden while discussing the food sovereignty movement and stressing the power of food resilience in our urban environment.

Contemplative Food Systems

We explain what food system is and how our current system faces many challenges both internal and external. We explain the challenges of climate change, over dependence on fossil fuels, and non-sustainable practices. Finally, we build a case and demonstrate how urban farming and regenerative agriculture can make a difference.

Participatory Action in Urban Agriculture

We discuss lessons learned from the Campesino Movement in Latin America and how farmers, scientists and policymakers had to work together to ensure communities and nations were food secure. We assert that we can learn much from this today and how this work at the West Berkeley Family Wellness Center serves as such a model.

Land Justice

We explore the challenges that farmers face with issues related to land usage, land defense, and encroachment. Similarly, we discuss how competing agendas around open space, greenways, housing and urban development, impact agriculture and the environment. We offer alternatives such as small-space and vertical garden practices.

Digging Deeper into Soil

This session gives participants both theoretical and hands-on skills to build heathy, nutrient rich soils for optimal vegetable production. We discuss soil testing, soil regeneration and the role of nature, farmers, gardeners, and compost in building and maintaining healthy soil as a foundation for the garden.

Seed Saving and Plant Cutting

This how-to workshop discusses the history and the role of seeds. We explore the sacred nature of seeds in indigenous communities and the rise of GMO seeds, while demonstrating how to collect, save, catalog, and share organic and heirloom seeds as packages of life and sustainability.

Intercropping

This 2- part series deals with understanding what intercropping is as well as its purposes and benefits while engaging participants in notable intercropping techniques such as relay cropping and Three Sisters Garden strategies.

Pests and Pollinators

How does the urban farmer manage and combat pests in the garden? How do we attract beneficial insects like bees, butterflies and lady bugs? What strategies can gardens take to protect their crops from pests while creating environmentally welcome habitats for hummingbirds, honey bees, monarch butterflies, and beneficial creatures? We explore these issues while using the garden as a laboratory to practice sustainable agriculture.