



FREE GARDENING AND COOKING CLASS SERIES

*Cooking Demonstrations,
Workshops, & Food Tasting!*

**Thursdays 4:00pm - 5:30pm from
April 10th-June 5th, 2025**

1640 Stuart St. Berkeley, CA, 94703



Class Topics

- Introduction and Orientation
- Cultivating Food Sovereignty
- Contemplative Food Systems
- Participatory Action in Urban Agriculture
- Land Justice
- Digging Deeper into Soil
- Seed Saving and Plant Cutting
- Intercropping
- Pests and Pollinators
- Introduction to Soil to Soul Cooking
- Exciting Seasonal Recipes

*See attached brochure for more details

**To reserve your spot, call
510-981-5350 or scan the
QR code below**



SCAN ME

