

*Bring a Friend for a Healthy Night Out -*  
**FREE Friday Cooking Classes!**

Iron Roots Urban Farm is pleased to present our Spring 2015 cooking class schedule. The classes are designed to work with families, local growers, and community cooks to help foster a healthier and more sustainable community. Each of our cooking instructors will share their story, recipes and nutritional tips to help you create a healthy, affordable delicious meal. All classes are **FREE** to attend and will be held on the **3rd Friday** of each month from **6:00-8:00PM** in the HMHP Foundation Demonstration Kitchen located at **822 Billingsgate Avenue**.



**An RSVP is strongly recommended. Please contact Michael Long at 330.480.0423 or [mlong@yndc.org](mailto:mlong@yndc.org) to pre-register. All classes are FREE, and there will be food to taste!**

**February 20: Nutritious Broths and Soups** —Sophia Buggs of Lady Buggs Farm will teach class participants about nutritious broths and soup stocks. She will cover both meat and vegetarian recipes.

**March 20: Equinox Party** — Marla Herrmann of The Big Green Thing Food Truck will teach a class on hearty celebratory foods, including a leg of lamb and pea soup.

**April 17: Modern American Cuisine** —Chef Steve from Michael Alberini's Restaurant and Wine Shop will be preparing herb brined local chicken thighs with braised collards, roasted carrot soufflé, and baby kale salad.

**May 15: Edible Flowers** —Shannon Blackshire of Her Primitive Ways will teach a class about using and preparing edible flowers. You will be amazed at how many of the flowers you see every day are edible.

**June 19: Extending your Local Food Dollar:** Gianna Cioffi of Lake to River Corporate will teach students how to support local, clean food without breaking the bank. With a little extra planning, turn a whole, pastured, non-gmo chicken into multiple healthy meals to feed you and your family throughout the week!



**YOUNGSTOWN  
NEIGHBORHOOD**  
DEVELOPMENT CORPORATION

*Interested in Gardening or Farming in the City? Join Us!*

# FREE Urban Farming Classes!

Join us for urban farming classes will at Iron Roots Urban Farm. **All Classes are FREE and open to the public!** Classes will be held indoors and outdoors and may include hands-on demonstrations. Please dress accordingly, including boots and gloves when appropriate. Classes will be held from **3:00-5:00PM** in the HMHP Foundation Demonstration Kitchen at **822 Billingsgate Avenue**. Tours will be held at **2:00-5:00pm** at the addresses listed below. **An RSVP is strongly recommended. Please contact Michael Long at 330.480.0423 or [mlong@yndc.org](mailto:mlong@yndc.org) to pre-register. Limited transportation to tours is available, Please RSVP. Van will be leaving YNDC at 1:15pm for all tours.**

**Saturday, February 28: How to Construct a Cold Frame** — Michael Long of Iron Roots Urban Farm will teach a class cold frame construction to easily extent your growing season.

**Saturday, March 14: Garden Planning and Seed Ordering** — Jodi Yencik and Michael Long of Iron Roots Urban Farm will teach a class on garden planning, understanding seed catalogs, garden layout, and companion planting. Come discuss your 2015 garden plans!

**Saturday, March 28: Garden Startup and Amendments** — Jodi Yencik and Michael Long of Iron Roots Urban Farm will present a class with everything you need to know on spring garden startup. Ground cover, row covers, amendments, tilling, and more will be covered.

**Saturday, April 11: TOUR 2pm– 5pm: Villa Maria Farm** — John Moreira of Villa Maria Farm will give a hands-on instructional tour on the Villa Maria Farm. John will be answering farming question. **Address: 288 Villa Dr, Pulaski, PA 16143**

**Saturday, April 25: Attracting Beneficial insects** — Jodi Yencik of Iron Roots Urban Farm will teach a class on methods of attracting beneficial insects and repelling unwanted insects.

**Sunday, May 03: TOUR 2pm-5pm: Birdsong Farm** — Matt Herbruck of Birdsong Farm will give a hands-on instructional tour of his farm and answer any question about the farm and startup. **Address:11316 Wheeler Rd, Garrettsville, OH 44231**

**Saturday, May 23: TOUR 2pm-5pm: Redbasket Farm** — Floyd Davis of Redbasket Farm will give a hands-on instructional tour and answer questions about the farm. **Address: 6311 Mayburn Barclay Rd, Kinsman, OH 44428**

**Sunday, June 07: TOUR 2pm-5pm: Rootstown Organic Farm** — William Pennell of Rootstown organic farm will give a hands-on instructional tour and answer questions about the farm. **Address: 3847 Milford Rd. Rootstown, OH 44272**

**Saturday, June 25: Watering Systems** — Michael Long of Iron Roots Urban Farm Will teach class participants about different watering systems and techniques for watering.