

*Iron Roots Urban Farm presents:*

# FREE Cooking and Farming Classes!

*Iron Roots Urban Farm is pleased to present our current schedule of urban farming and cooking classes! All classes will be held from 6-8PM on scheduled dates in our HMHP Demonstration Kitchen at 822 Billingsgate Avenue (at the rear of Iron Roots Urban Farm). An RSVP is strongly recommended. Please contact Sophia Buggs at 330.480.0423 or [sbuggs@yndc.org](mailto:sbuggs@yndc.org) to pre-register.*

***All classes are FREE!***

## **Healthy Cooking Classes**

***January 31, Traditional Caribbean Breakfast:*** Georgia Newton will instruct the class on how to make a delicious Caribbean Breakfast.

***February 7, Bread Made Easy:*** Paul Mallin will show how easy it is to create bread with three simple ingredients while cutting grocery costs.

***February 28, Simply Vegetarian:*** Liberty Merrill will share her Veggie Foodie experiences while cooking a nutritious black bean chili dinner.

***March 14, Fun and Healthy Party/Lunch Trays:*** Rita Hopkins will demonstrate new and exciting ways to make meals fun, affordable, and healthy for all occasions.

***March 28, Men In The Kitchen:*** Brian Heard is going to share his secrets to preparing soulful salads. This class is for men only (aged 14 and up!).

## **Urban Farming Classes**

***January 21, Winter Growing in Hoop Houses and Low Tunnels:*** Danielle Seidita & Liberty Merrill will demonstrate how to extend a farmer's growing season at a variety of scales.

***February 4, Cover Crops and Green Manures for Market Profit:*** OSU Extension Educator Bill Snyder will discuss the varieties and benefits of cover crops for North Eastern Ohio.

***February 18, Vermicompost and Compost:*** Meagan Tehua will share her extensive knowledge about how kitchen waste and worms can be useful in farms and gardens.

***March 4, Hydroponic Solutions for Home, Community and Market:*** Katie Phibbs of the Lettuce People will present her experiences creating an agribusiness growing lettuce.

***March 18, Beyond The Shovel, Equipment for Urban Farming:*** Eric Barrett, Ohio State University Extension Educator, will present his expert knowledge about choosing and utilizing farm and garden tools and equipment.

***April 1, Saving the World Through Aquaponics:*** Ralph Zerbonia will give an in-depth introduction to the methods and philosophy behind successful aquaponics operations.



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